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THE  
SOUTHERN BOTANIC PHYSICIAN:

BEING  
A TREATISE

ON THE  
CHARACTER, CAUSES, SYMPTOMS AND TREATMENT  
OF THE DISEASES OF MEN, WOMEN AND  
CHILDREN OF ALL CLIMATES,

ON  
VEGETABLE OR BOTANICAL PRINCIPLES,

AS TAUGHT AT THE  
REFORMED MEDICAL COLLEGES IN THE U. S.

CONTAINING ALSO  
MANY VALUABLE RECIPES FOR PREPARING MEDICINES.

THE WHOLE PRECEDED BY  
PRACTICAL RULES

FOR THE PREVENTION OF DISEASE AND THE PRESERVATION OF HEALTH.

Compiled from the best Works now published  
on the Reformed Practice.

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By SIMON B. ABBOTT, M. D.

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## P R E F A C E .

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THE benefits of Medicine, as a trade, will ever be confined to those who are able to pay for them; and, of course, the far greater part of mankind will be every where deprived of them. Physicians, like other people, must live by their employment, and the poor must either want advice altogether, or take up with that which is worse than none. There are not, however, any where wanting well-disposed people, of better sense, who are willing to supply the defect of medical advice to the poor, did not their fear of doing ill often suppress their inclination to do good. Such people are often deterred from the most noble and praiseworthy actions, by the foolish alarms sounded in their ears by a set of men, who, to raise their own importance, magnify the difficulties of doing good, find fault with what is truly commendable, and flee at every attempt to relieve the sick which is not conducted by the precise rules of Medicine.

I have, however, often known such well-disposed persons do much good; and that their practice, which is generally the result of good sense and observation, assisted by a little medical reading, is frequently more rational than that of the ignorant retainer to physic, who despises both reason and observation, that he may go wrong by rule; and who, while he is dosing his patient with Medicines, often neglects other things of far greater importance.

Many things are necessary for the sick besides Medicine. Nor is the person who takes care to procure these for them, of less importance than a physician. The poor oftener perish in diseases for the want of proper nursing, than of Medicine. They are frequently in want of even the necessities of life, and still more so of what is proper for a sick bed. No one can imagine, who has not been a witness of these situations, how much good a well-disposed person may do, by only taking care to have such wants supplied. There certainly cannot be a more necessary, a more noble, or a more godlike action, than to administer to the wants of our fellow-creatures in distress. While virtue or religion are known



among mankind, this conduct will be approved ; and while heaven is just, it must be rewarded !

Persons who do not chose to administer Medicine to the sick, may nevertheless direct their regimen. An eminent medical author has said, "That by diet alone, all the intentions of Medicine may be answered." No doubt a great many of them may ; but there are other things besides diet, which ought by no means to be neglected. Many injurious and destructive prejudices with regard to the treatment of the sick, still prevail among the people, which persons of better sense and learning alone can eradicate. To guard the poor against the influence of these préjudices, and to instil into their minds some just ideas of the importance of proper food, fresh air, cleanliness, and other pieces of regimen necessary in diseases, would be a work of great merit, and productive of many happy consequences. A proper regimen in most diseases, is at least equal to Medicine, and in many of them it is greatly superior.

The practice of Medicine should be conducted on those general principles which are drawn from sober experience, from a careful observation of the effects of remedies on the human body in its different stages of disease. These great leading principles are few, short, and easily understood ; they are applicable in every disease to which the human body is subject, although they may not always prove equally successful. It is the judicious use of them which constitute the great merit of the enlightened physician. In a matter of such immense importance to every individual, it would seem necessary, then, that these principles be as widely disseminated, and in as plain words as possible, in order that every one may know and understand them. To do this, is every man's duty as well as interest ; for, independently of his own life, which is frequently jeopardized by the want of such knowledge, that of his neighbour is often by accident placed in his hands.

The essential principles of Medicine are very few ; they are, moreover, plain. All the morbid effects of heat and cold, of eating and drinking, and the exercises of the body and mind, may be taught with as much ease as the multiplication table. In support of this truth, let us look at the effects of the simplicity of the art of war ; a few obvious principles have supplied the place of volumes on tactics. Private citizens have become great generals ; peasants, irresistible soldiers, in a few weeks, even superior to their

predecessors, after the instructions and exercise of fifteen or twenty years.

Let us strip our profession of every thing that looks like mystery and imposition, and clothe medical knowledge in a dress so simple and intelligible that it may become a part of academical education in all our seminaries of learning. "Truth is simple upon all subjects; and upon those essential to the general happiness of mankind, it is obvious to the meanest capacities. There is no man so simple that cannot be taught to cultivate grain; and there is no woman who cannot be taught to make it into bread. And shall the means of preserving our health by the culture and preparation of aliment be so intelligible, and yet the means of restoring it when lost, so abstruse, that we must take years to study, to discover and apply them? To suppose this, is to call in question the goodness of the Deity, and to believe that he acts without system and unity in his works." "In thus recommending the general diffusion of medical knowledge," by an academical education, let it not be supposed that we wish to see the exercise of medicine abolished, as a regular profession. Surgical operations, and diseases which rarely occur, may require professional aid; but the knowledge necessary for those purposes is soon acquired; and two or three persons, separated from other pursuits, would be sufficient to meet the demands of a city consisting of forty thousand people."

If this seems astonishing to any, let them remember the discovery of vaccination, and cease to wonder if the Deity, by means the most inconsiderable, should accomplish what had baffled the skill and research of all philosophers of the world. Dr. Samuel Thomson was born for the fame he has acquired; and necessity, dire necessity, forced him into the niche of the Temple of Nature, where he now stands. His narrative is not to be forgotten, nor passed without the painful feeling of this additional evidence of the perversity of our nature, and selfishness of our lives. If this were to be our everlasting home, we could not display a more determined disposition to establish our claims, right or wrong, and defeat those of our neighbors, be they ever so well founded.

Dr. Thomson reasons, if disease be an enemy to life, in every form, and medicine a friend in all, it must then be a universal remedy; for the sum is but the amount of the particulars, and the particulars the items of the sum; as genuine food removes hunger

of every degree, so genuine medicine, diseases of every type. It is not necessary, therefore, to be changing the dose any more than it is necessary to be changing the food to remove the malady in the one case, or hunger in the other.

Now, as the healing power of nature in resisting disease, confessed by all physicians, seems to be effectually aided by Thomson's practice, he must have discovered the right practice—the true mode of curing disease. And that he has so discovered it, we thus judge—his practice suddenly expels the disease—has an effect the most salutary on the whole system—invigorates and renews the powers of nature, and leaves “not a wreck behind.”

Dr. Hillary, in his secret of curing diseases by adopting a better system of Medicine, says, “that by accurately observing all the motions, endeavours and indications of nature to carry off and cure diseases; and by observing by what critical evacuations she does at last cast off the morbid matter which caused them, and so restores health; we may, by the same method of reasoning, know both the methods and the means we should use to assist nature in producing those salutary effects; if we avoid all hypothetical reasoning, and by thus observing, following and assisting nature, agreeably to her indications, our practice will always be more satisfactory and successful; for the human body is so wisely and wonderfully formed, that whenever any noxious matter has got into it that would be injurious or destructive, we may observe, it always so irritates, stimulates and offends nature, that she always exerts her power to throw it off. And she acts with great regularity, order and uniformity in her endeavors to expel the offending matter out of the body; and by carrying off the disease, restores health and preserves life.

“And thus, by observing, investigating, and truly knowing the disease and their causes, and justly reasoning therefrom, we shall know when to assist nature according to her indications; and in this is contained the chief part of medical knowledge, and the true scientific principles of the medical art. And when we shall thus have learned of nature, by observing her laws and indications, we may reasonably hope to render the theory and practice of physic beneficial to mankind.”

How just is this mode of reasoning; and how much does it resemble the process and workings of Thomson's mind in that straining



effort, without the aid of book or friend, to penetrate the secret workings of nature, to observe how she moved in health, and in disease; what were the reasons and results of her diseased action; how could she be aided or befriended; could a hand be lent her in the struggle, or must she triumph or sink alone. These, and ten thousand other questions, such as these, must he have asked himself, while he looked mournfully on the approaching tremors of the final hour! I think I see him in the deep solitudes of the trackless desert interrogating nature thus: "Is there no remedy, no healing balm in all thy boundless stores to save thy dying children? No powerful antidote to defend the human race from untimely death or protracted misery?" He was answered, Yes, for "there is a voice in stones, speech in trees, and sense in every thing." He received his answer, and his science, and his diploma, and his medicine. Heaven sent him forth to work; fortified his mind, girt up his loins, and cleared his way; and it is but just to add, that the smile of approving Heaven has most evidently blessed and accompanied his practice. A revolution in medical practice is nigh at hand. His plan is simple, as Nature herself is simple in her operations. There is no time spent in looking after names, symptoms, theories, causes and indications; the name is out, the cause out, the indication out, and the remedy out; and in a few hours, with the help of Heaven, the patient is relieved, restored, requires food, recovers strength, sleeps and rises, and returns to the business of life. These remarks may offend the prejudiced, or stumble the incredulous; but facts, plain and evident, will support the mind in its adherence and its testimony, notwithstanding the opposition of the world. The thrill of joy, on beholding a single friend saved, will more than repay us for all the ridicule of this fleeting world. Lord Bacon declares, that the only cause of death, which is natural to man, is that of old age. And he complains of the imperfection of physic, in not being able to guard the principle of life, until the whole of the oil that feeds it be consumed. Dr. Rush remarks:—"I am here insensibly led to make an apology for the instability of the theories and practice of physic: and those physicians generally become the most eminent, who have the soonest emancipated themselves from the tyranny of the schools of physic." "Our want of success, continues the same writer, is occasioned by the following causes:

1st. Our ignorance of the disease. 2nd. Our ignorance of a suitable remedy. 3rd. Want of efficacy in the remedy."

"Dissections daily convince us of our ignorance of the seats of disease, and cause us to blush at our prescriptions." "What mischief have we done, under the belief of false facts and false theories! We have assisted in multiplying diseases; we have done more—we have increased their mortality." "I will not pause to beg pardon of the faculty for acknowledging in this public manner, the weakness of our profession. I am pursuing truth, and am indifferent whither I am led, if she only is my leader."

How noble was the sentiment! but it was congenial to the magnanimous soul of the great and venerable professor: and how well was he qualified, by sentiment as well as education, to appreciate the labours and discoveries of Dr. Thomson, to seize on his unity of disease as kindred to his own; another testimony to the practical application of his own doctrine, and the guidance of that truth which he so ardently admired. That two such men, the one the pupil of nature, and the other the disciple of the schools, should be both led, by reasonings from very different data, to the same conclusion, is both curious and important. It shows us that they were both close observers of nature; that they had penetrated far beyond the surface and appearance of things; that they had regarded the complicated maze of names and symptoms of disease as the chief foundation of all the error and uncertainty in practice.

The Thomsonian remedies seem peculiarly adapted to the diseases of the laboring classes of society. Exposed as they are to greater hardships, severer toils, less nourishing food, they are more subject to rheumatisms, low fevers, putrid fevers, dysenteries, cholics and chronic complaints than the other members of the community.

These new remedies are, in a high degree, powerful and safe, to remove all these complaints, at a very small expense. They possess an energy which seems to communicate new life to the system, and renovate the feeble, fainting powers of nature.

Dr. Rush says, "In no part of the world is animal life, among the human species, in a more perfect state than in the inhabitants of Great Britain, and the United States of America. For, in addition to all the natural stimuli which have been named, they are constantly under the invigorating influence of liberty." "There

is, he says, an indissoluble connection between political freedom and physical happiness. And, if it be true that elective representative governments have a greater influence on human happiness and national prosperity, they must also be more favorable to human life." Now the idea of liberty here inculcated, as conducive to life and happiness, is precious and dear to man in every department of life and practice. I have known patients refuse medicine, merely because they did not know what it was; the mystery and technical name seemed an infringement on the very freedom of thought, and disgusted the sick with the prescription. It is certainly gratifying in a high degree, to understand the medicine you are taking, the nature of its operation, and safe and salutary results. Small things will influence the condition of the sick. All who have attended sick beds, must have observed, that the least shadow of concealment or deception, whispering, or doubtful looks, or the color of mystery, will distress the patient. If he loses confidence in his physician, it will aggravate his disease. But what must be his condition when the grand principle of freedom is destroyed in the mode of administering, when he is reduced to the condition of the slave; when he must in profound ignorance receive with implicit faith whatever is offered to him. How deadening must be the effects on a weak and worn-out constitution? If it be objected, what confidence can the patient place in a botanic physician, who is not a man of science? The answer is plain; the trust of the patient is not in the skill of the physician, but in the nature and power of the remedies, that they are safe and certain, congenial to life, and productive of health. To relieve our hunger, we do not rely on the skill of the cook, but on the nature of the food; so in medicine, our dependence should be on the remedy and not on the administrator. Short and sudden has been the journey to the tomb to thousands, who, by a proper remedy, timely applied, might have spent a long and useful life in the world.

This new practice possesses this great and decided advantage; it places the knowledge and the remedy in every family; the physician and the cure are always at hand. You have not to wander in the night to a distance, and the patient dying, to seek a doctor, with the agony pressing on your spirits, that your wife, or child, or friend may be dead on your return. No, you can apply at once



to your own resources, and at least keep the sick in safety till additional aid be called, if necessary.

This is a part of practical wisdom, which every good mind must appreciate, to be provided, especially in the warm seasons, for sudden and severe sickness. Now, the system of Dr. Thomson is not only for temporary, but permanent relief. It is the beginning and the end of the patient's cure. You are prepared to attack disease in its forming stage, and pursue it without remission, until a cure be finally established. Surely, to those who love health, the remedies are worthy of a fair trial—of a candid and patient investigation.

The fact exists, whether true or false, that the people consider the pursuits of literature adverse to the medical practitioner, and detracting from his abilities to cure; that so far from being a qualification, it incapacitates him from the responsibility of restoring health and preserving life!—And this opinion is not confined to the people, but has crept in among physicians themselves. And there must be some truth in the sentiment, or it never could have obtained such an universal sway over the human mind. But the truth is indubitable, the study of patients, and not the study of books; experience, and not reading, make the most complete and successful practitioner, and inspire the highest confidence in the patient. Dr. Thomson is called ignorant; but it is the ignorance of books, and not of experience. He had a vast measure of the learning above described, as giving popularity to the physician, and reliance to the sick, in the skill of one who has battled death in a thousand forms, and disease under every aggravation.

Dr. Rush, on the causes of failure in medical practice; makes the inquiry, why ninety-nine cases out of the hundred are lost, of those which are called curable diseases? He first, mentions ignorance in the physician; one not qualified, either by reading or observation, for the practice of medicine. Dr. Thomson does not fall under this charge. By observation, he was well qualified. 2nd. Dr. Rush says, incapacity in the physician. Dr. Thomson is clear of this charge also; for he had a natural aptitude and love to medical study. Had it not been for this, he never could have risen against the pressure which weighed him down, and pressed him to the earth. 3rd. Dr. Rush says, want of instruction in the physician; with good capacity, his instruction had been erroneous,

and hence his practice pernicious and ineffectual. Dr. Thomson had the very wisest of all instructors—necessity and experience—instructors which never deceived man; but taught him to plough, to find out the use of corn bread, of potatoes, the use of wool and furs for clothing, and the simples used in medicine, and every thing valuable yet in use among the human family. 4th. Dr. Rush mentions obliquity of mind; there are some, says he, of such perversity of mind, that nothing will teach them propriety, nor enforce upon them the majesty of truth. If ever nature formed a plastic mind for the impressions of medical wisdom, that mind was Dr. Samuel Thomson's. The medical profession was the very niche in the Temple of Nature, for which the Deity designed him. 5th. Dr. Rush mentions as a fifth reason or cause of failure in physicians, attachments to other pursuits, and neglect of their own profession. Through all the vicissitudes, Dr. Thomson has been attached and devoted to his profession; in prosperity and in adversity, in sickness and in health, in prison and at the bar of judgment, he had but one single object in his eye, and one exclusive sentiment in his heart—the healing of the sick, the discoveries of effectual cures, the perfection of his system, and the relief of the wretched. Of all the causes of failure, in losing ninety-nine cases out of the hundred, of curable diseases, enumerated by Dr. Rush, Dr. Thomson stands clear before the tribunal of the whole world. He is the very reverse in his whole character, from all those condemned by Dr. Rush. Dr. Thomson had very much of Dr. Rush's own qualifications for the office of a physician; all indeed, but his book learning. He had the same enthusiasm, the same perseverance, the same determination to succeed and to excel, the same activity and taste for observation, and in one word, the devotion of mind to the healing art, which eminently distinguished that kind and celebrated professor. Now, Dr. Rush being judge, Dr. Thomson would save the ninety-nine patients out of the hundred of the curable cases; and in fact, his success has been always even beyond this proportion. He has not lost one out of the hundred of his patients. I do firmly believe this fact cannot be contradicted.

There are three very important results of this medicine. It removes obstructions, restores the appetite, and invigorates the powers of life. Now these are the three essential points in the recovery of man to perfect health. When all the obstructions are removed,

the vital functions have a fair and easy play, acting in harmony and vigor, and the glow of health is diffused over the whole frame. As we live by food and not medicine, the tone of the stomach being restored, and the action of the digestive organs, we are enabled to receive food sufficient for the sustenance of health, and the cheerful glow of the animal spirits renders life indeed a blessing.

The power of prejudice and the empire of pride may prevail for a season ; but the soul will at last arise and re-assert the majesty of her own nature, and show unto the world that "there are gifts beyond the power of education and knowledge, which learning cannot bestow." Learning will neither make a great man, nor a great physician ; but it will highly advance the usefulness of those who are great by nature ; who have received the patent of their dignity from the Almighty. Dr. Waterhouse said of Dr. Thomson, he had taken a degree from the school of nature—a diploma from her unerring hands. The very course of that education to which Dr. Waterhouse has so handsomely alluded, was calculated to instruct the author of the new system in useful remedies, and deliver his mind from every bias but the force of experience and truth. With a mind entirely uninfluenced by all authority, unmoved and unobstructed by anything which had gone before him, he possessed an advantage which none ever possessed who were educated in the schools—where we are introduced to the fellowship of wisdom by the authority of books and professors. It is impossible for the most independent mind to perfectly retain its freedom ; it will insensibly bow to the opinions of some celebrated or splendid authority. In after life, indeed, and by much experience, some superior souls are enabled to cast off the shackles of education ; but they are the fewest number of that mighty host which walk forth from the schools of the world to propagate the errors of their predecessors. Dr. Thomson had nothing of all this to encounter ; he was led by the hand of nature. He was, therefore, a professor in the most ancient school of the world. A school—not on the decline, and about to perish—but one beginning to revive ; to put on strength ; to extend her conquests, until the learned and the unlearned shall be gathered under the shadow of her wings, and triumph in the splendor of her acquisitions ; and we see the dawn of this glorious era which shall transform the face of the world.



Believing that the system of Medicine, as taught under the old school practice, is uncertain and dangerous, the necessity of some small work, on the vegetable or reformed system of practice, has been suggested to my mind. The books which have already appeared before the public, on the new system, seem to be too bulky, too learned or too expensive. A few short and intelligible directions are soon read, easily retained in the mind, and are always ready for application on the spur of the occasion, while those of a different character only serve to bewilder and lead astray.

My only ambition in writing out the following pages, has been to contribute in spreading the principles couched in the reformed, or Thomsonian system of Practice, and to embody together from the various works, published on the new practice, such practical directions as will assist such as may be disposed to use them. If I may be instrumental in inspiring any one with confidence in the remedies, and in the principles of the practice; or be the means of affording them any instruction in the treatment of disease, I will have accomplished what I designed in compiling this work.

THE AUTHOR.



## PART FIRST.

### *Means of Preventing Disease, and Promoting Health and Longevity.*

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"It is better to prevent than to cure."

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## CHAPTER I.

### TEMPERANCE, ABSTINENCE, DIET, ETC.

As perfect health is the greatest earthly blessing we can enjoy, without which, all other blessings are of little consequence, we deem it of the first importance to point out the means of promoting it; by paying proper attention to which, persons who are born with, and enjoy a good constitution, will attain a healthful and long life, and even those who are delicate and tender, will arrive at an advanced age. These means hold forth the doctrine that regularity and temperance in all things are highly conducive to health and happiness; and on the contrary, that irregularity and intemperance bring their votaries to an untimely grave.

When the various functions of the body, voluntary and involuntary motions, are performed with ease, and suffer no interruption, the body is said to be in health; in a contrary case, it is diseased. Considering the many dangers to which man is exposed, it is surprising that he should remain in health so long; and our astonishment increases, when we reflect how often he escapes the dangers prepared by his own hand. But parental nature frequently repairs the injury in a manner unknown to us. To set down supinely with a notion that if the Majesty of Heaven wills us to die, we certainly shall, in the use of means to prolong life; and if He wills the contrary, we shall live, in the neglect of those means, is a conduct unscriptural and ab-



surd. Disease may be considered the consequence of the moral, or rather, immoral conduct of man, in deviating from a line prescribed by his Maker.

The powers of life may be compared to the oil in a lamp : in time they will be exhausted ; they may be supported or diminished ; when exhausted, death invariably closes the drama. Death from mere old age, may be compared to the extinction of the light when the oil is consumed, and death from disease, to the blowing out of the light, when the oil is not consumed, and might have burned longer. There are laws in nature, by which man may arrive to maturity, to the summit of health and vigor ; and there are laws by which his powers of life are lessened, and finally exhausted. These are the " bounds which he cannot pass."

In order to extend the common term of life, mankind must be persuaded to return to that primeval state of nature, from which, history furnishes us almost incredible instances of longevity. The antedeluvians enjoyed an uninterrupted state of health ; their manner of living, and vegetable diet was simple and not injurious. We have deserted from the simple mode of life, which prevailed in the primitive ages. We have acquired our improved state of mental culture, by sacrificing to it much of our bodily welfare. We are less accustomed to consult what nature requires, with respect to diet, mode of life, clothing, &c., than to follow fashions, customs, and our own disordered inclinations.

The desire of long life is inherent in all human nature : and the possibility of prolonging it was never doubted by the orientals. The most important circumstances which favor the attainment of long life, are **TEMPERANCE, ABSTINENCE AND DIET.**

"Temperance is a kind of regimen," says Dr. Thomas, "under which every man may put himself without interruption to business, expense of money, or loss of time ; and may be practiced by all ranks and conditions, at any season or in any place. If exercise assists in throwing off superfluities from the body, temperance prevents them ; if exercise clears the vessels, temperance neither satiates nor overstrains them ; if exercise promotes a free circulation of the blood, temperance gives nature full play, and ena-

bles her to exert herself in all her force. Cheerfulness of temper and vigor of body, are the usual results of temperance; on the contrary, depression of spirits, a shattered constitution, disease, and often poverty, are the consequences of a continued course of intemperance.

It is much easier to preserve health than to recover it, when impaired; and to prevent diseases, than to cure them. Towards the first, the means are generally in our own power, little else being required than strict temperance in all things; but towards the latter, the means are uncertain and perplexed, and for the knowledge of them, the greatest portion of mankind must apply to others, of whose skill and judgment they are in a great measure ignorant.

The man who wishes to live long, be healthy, and die without sickness of body or mind, but by mere dissolution, or a long course of years, must submit to live regularly, and be temperate in his habits; since he cannot otherwise expect to enjoy the fruits of such a life, nor be agreeable to himself, or useful, in all probability, to his friends; neither can he relish the bounties of Divine Providence, nor acquit himself of his duties to God.

To what cause, so much as to intemperance, are owing faded youth and premature old age, an enervated body, and an enfeebled mind, together with all that long train of diseases which the indulgence of appetite and sense have introduced into the world. Health, cheerfulness and vigor, are well known to be the offspring of temperance. The man of moderation culls the flower of every allowable gratification without dwelling upon it until the flavor be lost; he tastes the sweets of every pleasure, without pursuing it till the bitter dregs rise; whereas, the man of the opposite character dips so deep as to stir up an impure and noxious sediment, which lies at the bottom of the cup.

How quickly does the immoderate pursuit of carnal pleasures, or the abuse of intoxicating liquors, ruin the best constitutions! Indeed, these vices generally go hand in hand.

Hence it is, that we so often see the votaries of Bacchus and Venus, even before they have arrived at the prime of life, worn out with diseases, and hastening with swift pace

to an untimely grave. Did men reflect on the painful diseases and premature deaths, which are daily occasioned by intemperance, it would be sufficient to make them shrink back with horror from the indulgence even of their daily pleasures.

The innocent often feel the direful effects of it. How many wretched orphans are to be seen embracing dung-hills, whose parents, regardless of the future, spent in riot and debauch what might have served to bring up their offspring in a decent manner! How often do we behold the miserable mother, with her hapless infants, pining in want, while the cruel father is indulging his insatiate appetites!

It is too true, that the major part of mankind are intemperate and sensual, and they love to gratify their appetites and commit excess; and seeing that they cannot avoid being greatly injured by their excesses, they, by way of apologizing for their conduct, say that it is better to live ten years less, and enjoy themselves, not properly considering of what importance are ten years more of life, especially a healthy life, and at a mature age, when men become sensible of their progress in knowledge and virtue, which they cannot obtain to any degree of perfection before this period.

A life of irregularity and intemperance has the certain effect to destroy persons of the best constitution, even in the prime of life; while on the other hand, one of regularity and temperance will frequently preserve men for a length of time, who are of a delicate or bad constitution, and far gone in years.

Whoever will read the life of Lewis Carnaro, must be convinced of this. This Venetian had been addicted to a life of intemperance up to his fortieth year; the consequence of which was, that a heavy train of infirmities had invaded him, and made great inroads on his constitution; and after having, to no purpose, tried every means of relief that art and medicine admitted of, he at last, by the advice of his physicians, entered on a life of the strictest temperance, by which he regained his health, and lived to a very advanced age. Daily observation has, indeed, fully convinced us that an elderly man, even of a delicate constitution, who leads a regular and sober life, has a better chance



of a long one, than a young man of the best constitution, who invariably leads a disorderly one.

That irregularities of diet, repletion, and unwholesome food, are the origin of many diseases, cannot admit of a doubt; and that the preservation of health much depends on a proper regimen, is equally obvious.

When it is considered that many serious disorders are entirely occasioned by an improper diet, and that in almost every complaint the due direction of diet is perhaps of equal importance with the prescription of medicines, it is highly blameable to neglect this powerful resource. To delicate women and sickly persons, to pregnant women and those who are nurses, and to young children, restrictions on diet are indispensably necessary.

In every stage of human existence, the functions of the stomach are of high importance, and the same rules of diet which prove beneficial to the invalid or weakly, will generally apply to the aged. The substances selected for the diet of old persons should be adapted to the state of their teeth; and solid viands, and those which are difficult of solution, ought to be minced, or otherwise prepared to meet the defects of the chewing instruments. In addition to the gradual failure of the teeth, the stomach itself suffers a diminution of its powers to convert food into chyle and bodily refreshments; and hence it becomes needful to be more particular about the diet in advanced life.

It has wisely been remarked by Hyppocrates (who has been called the father of medicine,) that if a man eats sparingly, and drinks little, he is nearly certain of bringing no disease upon himself, and that a moderate supply of food nourishes the body best. The quantity of food which nature really requires for her support, is small, and he that lives temperately, and eats and drinks moderately at each meal, stands fair to enjoy sprightliness, vivacity, and freedom of spirits. Bodies that are governed by temperance and regularity, are rarely hurt by melancholy, or any other affection of the mind. To have a clear head, we must have a clean stomach, for this is the grand reservoir in which the food is first deposited, and from thence its nutritive power is distributed throughout all parts of the body.

An error into which many people fall, is that of eating too much at once. If the stomach be filled with a greater quantity of food than it can easily bear, or what is proper, its coats are stretched beyond their natural tone, and rendered incapable of performing its digestive powers; the food being longer retained than by the laws of the circulation it ought to be, and undergoing a disorderly fermentation, gives rise to crudities, sour eructations, flatulence, listlessness, headach, and stupor; for the stomach having an intimate connection with the brain and nervous system by sympathy, whenever one of them is disordered, the other seldom fails of partaking in the calamity.

He that consults his health, must check his appetite, and invariably rise from the table with the ability and disposition to eat and drink still more than he has done. He should also diligently apply himself to discover what kinds of food are best suited to him; for the proverb that whatever pleases the palate must agree with the stomach, and nourish the body, or that which is palatable must be wholesome and nourishing, is founded in error. The best rule will be, not to take any thing, but in such quantity as the stomach can easily digest, and to make use of only those things, which, from observation and experience, the person has found to agree with him. The quality, as well as the quantity, is, therefore, to be taken into consideration. By repeated trials and experience, any man may acquire a perfect knowledge of his constitution, and ascertain what food best agrees with his stomach; and in regulating his diet, he may place a safer reliance on his own judgment, than he can on the opinion of his medical attendant, be he ever so skilful.

An attention to diet and temperance in all other respects, is not only necessary for the preservation of health, but is likewise of great importance in the cure of diseases, and many of them, indeed, may be cured by a suitable diet alone. Avoid, therefore, any excess at table, or the partaking of a great variety of dishes; for intemperance not only renders the understanding cloudy, and injures the constitution, but likewise degrades the soul. Do not confine temperance, however, to merely eating and drinking, but let it be extended to the moderating every other appetite, inclination, or passion.

Abstinence is the best cure for any excess which has been committed in eating or drinking. In paying a strict attention to temperance, we are to take care, at the same time, not to carry it so far as to border on abstinence of an excessive nature; for this is by no means conducive to health, but the direct contrary, because a copious supply of fresh and wholesome food is requisite for the support of the body, and is peculiarly necessary for those who labor hard."

Dr. Cheyne imputes most of the chronical diseases, the infirmities of old age and short lives, to repletion, or intemperance; and that they may be either prevented or cured by abstinence.

But if abstinence is not sufficient for the cure of diseases, yet it greatly assists the operation of medicines, and is a preventative against a multitude of dangerous disorders. Several writers relate extraordinary cures performed by it, and many instances of its extending the term of human life. It is, indeed, surprising to what a degree of age the primitive Christians of the East, who retired from persecution, into the deserts of Arabia and Egypt, lived healthful and cheerful, on a very little food.

Cassian assures us, that the common allowance for twenty-four hours, was only twelve ounces of bread and mere water; and adds, that on this spare diet, Arenicus, tutor to the emperor Arcadius, lived an hundred and twenty years, and many others to nearly the same age. A man of the name of Laurence, preserved his life to an hundred and forty years, by temperance and labor; and Spotswood mentions one man who attained the age of one hundred and seventy-five years, by means of abstinence.

It appears from the registers of the Society of Friends, that one half of those born among them, live to the age of forty-seven years; whereas, says Dr. Price, that of the general population of London, one half live only two, three, and four years. The number of Friends who live to the age of seventy, compared to the population of London, is as four to one. This superior longevity is properly attributable to the temperate habits of the Society generally; and it may be added, that from the same cause, they enjoy a



greater portion of health and exemption from the commonly allotted ills of life.

A still greater benefit flowing from the habitual temperance of this society, is, the almost total abstinence of pauperism among them. Although they relieve the public from all charge on account of their poor, it is believed that they are not subject to any burden thereby—their habits of temperance and economy operating to keep nearly all above want.

Food which is simple, provided it be easy of digestion, and affords a due quantity of nourishment, is far preferable to that which is compounded by the rules of art and cookery, and rendered more savoury by an addition of aromatic spices. Eating a variety of high-seasoned viands, and partaking of many dishes is very unwholesome: for the stomach thereby becomes overloaded with an heterogeneous mass, exceedingly pernicious in its effects. Moreover, we are induced to exceed the bounds which nature has prescribed for us, and by such means, the stomach labors under all the direful effects of repletion. Food, plainly roasted, broiled or boiled, is all that is really necessary for people in health; and to eat moderately of one dish, is certainly most wholesome. Simplicity of food requires no physical alteratives, and due exercise, with temperance, prove the best cathartics.

The new school of France, seems to be well aware of this truth, and have retired back to the simplicity of nature, to those days of primitive manners, when the dietetic school spreads its doctrines abroad for the relief of man. If you ask the French professors what is the best mode of curing disease, they will answer you, like the Greek orator, when it was inquired, what was the first essential in eloquence? He answered, action; and what was the second? action; and what the third? action. So would the physicians of Paris, if it were inquired what was the first requisite in curing disease, they would answer, diet; and the second, diet; and the third, diet.

Wonderful cures, says Dr. Mease, have been effected by simplicity in diet. The father of Professor Cooper, of

South-Carolina, was cured, in London, of an Asthma, to which he had been long subject, by an exclusive diet of boiled carrots, for two weeks, as recommended by John Wesley, in his "Primitive Physic." During this time, he drank little water.

The disease called "Broken Wind," in horses which is no more than the Asthma, in the human species, is cured, in England, by an exclusive diet of the same vegetable.

A lady in Philadelphia, was cured of a most severe Rheumatism, by a diet of milk solely; and Dr. Cheyne records, that Dr. Taylor, a contemporary with himself, was cured of Epilepsy by the same diet. Books of medicine record many other cures effected by rigorous simplicity of diet.

In eating our food, due care should be taken to chew, or masticate it sufficiently, previous to its being swallowed: this is a point deserving of very strict attention, and may be deemed the first process of digestion; for without the solid parts of our food being well triturated in the mouth, and at the same time incorporated with a due proportion of the salivary secretion, it cannot be converted into good chyle, or healthy nutriment.

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## CHAPTER II.

### *Food and Drink.*

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"Man should content himself with the produce of the fields, gardens and dairy."

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## ANIMAL FOOD.

It appears very evident that man in his primeval state of simplicity, never ate any animal food whatever. Previous to his transgression, he was not permitted to kill any animals, or partake of any meat, as appears by the com-

mand of his Maker, recorded in Genesis. Vegetables alone seems to have been his only food. From this fact we may infer, that vegetable is more congenial to the system than animal food. We may infer this also from the effects which follow the long continued use of meat. Sailors who use it on long voyages, are subject to the scurvy, which often prove fatal, when a recurrence to vegetables immediately removes the disease. A vast number of other complaints are unquestionably produced by animal food. The evil consequences arising from it, are, in part, owing to the quantities of oil or grease it contains; by reason of which, the digestion is disordered, the bile vitiated, the blood corrupted, and cutaneous and other diseases induced.

Injurious effects are very frequently immediately felt after eating a meal of highly seasoned meats; such as oppression at the stomach, lethargy, and subsequently, if persisted in, dyspepsia, and other complaints. Animal food, then, may, in general, be considered hurtful, and requires a very strong and healthy stomach to digest it, and it ought, therefore to be taken very sparingly, and not more than once a day. Besides, it is better taken cold than warm. When animal food and wine have been received into the stomach, no sooner is the digestive process begun, even before any portion is introduced into the circulating fluid, than the action of the heart is increased, and the pulse is quickened; but the same effect is not observed from vegetables.

#### VEGETABLE FOOD.

Vegetable food is much lighter, more easily digested, and much less inclined to putrify than animal food. Besides, from the natural stimulus which it possesses, the bile is rendered more healthy, by which the regular peristaltic motion of the bowels is kept up, and costiveness, the source of so many evils, obviated. This is easily proved, for every one knows that the use of certain fruits, such as tamarinds, peaches, prunes, pears, plums, whortleberries, &c., besides other articles, keep the bowels in a constant soluble state.

To show still further the influence of vegetable food, in



promoting a healthy state of the system, we need only advert to the inhabitants of those countries who use it exclusively. For health and vigor of constitution, they are noted. Observe, for instance, the Irish, who live upon potatoes and butter-milk, how muscular and athletic they are, and how their countenances glow with genuine health. They can endure more hardships and more privations than other people, and yet subsist upon this vegetable from infancy to old age. Our forefathers, the hardy sons of New-England, enjoyed uninterrupted health, and lived to a good old age, by adhering to a simple diet, such as bean porridge, and hasty (Indian meal) puddings. But how have their descendants degenerated in point of health, by a departure from these simple and wholesome rules. It must be acknowledged, that by their habits of luxury, they do not live half as long as their ancestors. We shall not be very particular as regards certain kinds of food, being well persuaded that whatever agrees with a person or is easily digested, may be taken as a general rule, due caution being observed with regard to the quantity; in other words, taking good care not to overload the stomach with any kind of food whatever.

*Cookery.*—The arts of cookery render many things unwholesome, which are not so in their own nature. By jumbling together a number of different ingredients, in order to make a poignant sauce, or rich soup, the composition proves almost a poison. All high seasoning, pickles, &c., are only incentives to luxury, and never fail to injure the stomach; they disorder it, and impair the health of the system generally, by rendering the food too heating, and difficult of digestion, and by inducing us to partake of too much food, or to eat in the absence of the natural appetite. It were well for mankind if cookery, as an art, were entirely prohibited. Plain roasting or boiling is all that the stomach requires. These alone are sufficient for people in health, and the sick have still less need of a cook."

*Pastry.*—Pastry is generally unwholesome, and whatever is hard of digestion. In a word, plain and wholesome food, simply cooked, ought to be used. Ripe fruits of all kinds may be taken with safety; but crude and unripe fruits

are very dangerous. They bring on acidity and bowel complaints.

*Milk.*—Milk is the food destined by nature for the infant period, and seems admirably adapted for the use of young children, as well as adults, whose powers of digestion are enfeebled either by dissipation or disease. In its pure state, however, it is apt to disagree with some persons; in which case, it will be advisable to dilute it with gruel or water. Those who labor under pulmonary consumption, and hectic fever, are frequently confined to a milk diet, and in such cases, the milk of the goat has been employed in preference to that of the cow, being of a lighter nature. When that of the former is not to be obtained, that of the latter may be rendered more easily digested, by allowing it to stand for some time, and then skimming off the cream from it.

#### SIMPLICITY IN DIET.

Nature delights in the most plain and simple food, and every animal, except man, follows her dictates.

Man alone riots at large, and ransacks the whole creation in quest of luxuries, to his own destruction. An elegant writer of the last age, speaks thus of intemperance in diet: "For our part, when we behold a fashionable table set out in all its magnificence, we fancy that we see gout and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes."

#### WATER.

Good water is of the greatest importance to the animal economy. It is the most simple of all liquids. Water should be free from any mineral or vegetable ingredient. It may be considered pure when it is perfectly clear, without any disagreeable smell or taste, soft, and easily unites with soap. The more pure the water, the more healthy. When it is impregnated with foreign substances, ill effects follow the use of it. The water of marshes and stagnant ponds are not fit to drink, and the waters of many cities is

very injurious. Rain and snow water, and that running over gravelly beds is considered purest; but good spring water is better than either. The noted "rain-water doctor" cured his patients by prescribing the free use of this "universal menstruum." It should never be drank too cold, especially when the body is heated, or in a profuse perspiration. The most dreadful consequences follow drinking cold water in hot weather, while the pores are open, or when in a copious perspiration. Spasms, convulsions, and death, often follow quickly. If this should happen, perspiration should be restored as soon as possible.

The hands and face should be washed or bathed, before any cold water is drank, and then a small quantity only taken at a time. Let it also be held in the mouth a few minutes before it is drank. It is as equally dangerous to drink fresh butter-milk when a person is overheated. Many have lost their lives for the want of these precautions. Another caution is necessary for farmers, and others residing in the country. When stooping down to drink from brooks, they will sometimes meet with small lizards and insects concealed among the leaves in the water, which are sometimes inadvertently swallowed, and prove dangerous.

Simple water, in general, is sufficient for those who are in health, but it may be rendered more palatable by the addition of molasses. The addition of a table-spoonful of good lemon syrup to half a pint of fresh water, makes a very pleasant and wholesome drink. Good syrup should be procured, as it is often adulterated by the juice of lemons that are decayed. Common lemonade made by the fresh juice of lemons or limes, and sweetened with loaf sugar makes a cooling and agreeable drink in hot weather.

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## CHAPTER III.

*Fermented Liquors.*

## ARDENT SPIRITS.

Water, says Dr. Cheyne, is the only simple fluid fitted for diluting, moistening and cooling; the only ends of drink appointed by nature; and happy had it been for mankind if other mixed and artificial liquors had never been invented. Water alone is sufficient, and effectual for all the purposes of human wants in drink. Strong liquors were never designed for common use: they were formerly kept as other medicines are, in Apothecaries' shops, and prescribed by physicians, to refresh the weary, strengthen the weak, and raise the low spirited. As natural causes will always produce their effects, the effects of the common use of wine and spirituous liquors, is to inflame the blood into gout, stone, rheumatism, fevers, pleurisies, &c., and to dry up the juices, and scorch and shrivel the solids. Those whose appetite and digestion are good and entire, never want strong liquors to supply them with spirits; such spirits are too volatile and fugitive for any solid or useful purposes of life.

Spirituous liquors inflame the blood, corrode the coats of the stomach, impair digestion, destroy the appetite, and induce many diseases of the most dreadful kind, such as gout, schirrus of the liver or spleen, dropsy, apoplexy, palsy, madness, and fevers of different kinds: they also impair the judgment, destroy the memory, and produce intoxication. Of all the ways in which spirituous liquors are used, that of drinking them in the form of drams is the most injurious; and although perhaps, it may be a slower way of destroying life, than by taking a dose of any active poison, still, in the end it will be attended with that direful effect. The habit steals on imperceptibly with many, and under any depression of spirits, they have recourse to it; but one dram begets a necessity for another, and at length

the indulgence becomes unlimited, and the vice uncontrollable. The constitution soon shews its effects; the appetite is destroyed, digestion impaired, lowness and dejection of the mind, with tremors of the nerves ensue, the face is blotched, and the nose red and beset with bumps, nausea, vomitings, frequent eructations, flatulency, and great disorder in the biliary organs take place; the liver becomes enlarged, indurated and tubercular, and at last dropsy manifests itself, if the patient is not previously cut off by apoplexy or palsy.

It does not seem easy to determine which of the two, viz: opium or spirituous liquors, by being improperly used, proves most detrimental to the human constitution: unluckily, the victims who addict themselves to either, are ensnared by a habit which they find it impossible to relinquish: because the constitution, when habituated to a strong stimulus, becomes incapable of carrying on the functions of life without continual excitement, which of itself brings on debility and premature decay.

The speedy effects which opium, or indeed any of its preparations, is observed to have on those persons who take it habitually, are an exhilaration of animal spirits; and from a dosing and depressed state into which they sink, after passing the usual time of taking the dose, they become alert and cheerful; but those who accustom themselves to this drug, are of a yellow complexion, look much older than they really are, lose their appetite, and their bowels are invariably constipated. Those who indulge in a free use of strong and spirituous liquors have but little desire for food after a time, the liver becomes diseased, (being either beset with tubercles, or indurated, schirrous, or enlarged,) the countenance is tinged of a yellow hue, general debility ensues, and dropsy at last destroys life. Palsy is often, also, the consequence of a continued course of such intemperance.

Habits of drunkenness often take their rise from a connection with some company or companion already addicted to the practice; which affords an almost irresistible invitation to take a share in the indulgences which those about us are enjoying with so much apparent relish and delight;

or from want of regular employment, which is sure to occasion many superfluous and pernicious cravings, and frequently this among the rest ; or it may have originated from grief or fatigue, either of which strongly solicit that relief which inebriating liquors administer for the present, and furnish a specious excuse for complying with the inclination. But the habit, when once adopted, is continued by different motives from those to which it owes its origin. Persons addicted to excessive drinking, suffer in the intervals of sobriety, and near the return of their accustomed indulgence, a faintness and oppression which it exceeds the common patience of human nature to endure. This is usually relieved for a short time, by a repetition of the same excess : and to this relief, as to the removal of every long-continued pain, those who have once experienced it, are urged almost beyond the power of resistance.

#### WINE.

Wine, unmixed with alcohol, used in moderation, may be considered a wholesome drink. In those countries where it is produced in abundance, the people drink freely of it without injury, and are, proverbially, temperate. In France, where there are such immense quantities of wine, a drunkard is seldom or never to be found. It seems to destroy that hankering after ardent spirits, which is so peculiar to other countries where wine is not much made. The wine imported into this country contains such a large quantity of alcohol, that it becomes injurious. Hence the necessity and importance for Americans, and others, to plant vineyards. Some of our most sensible men give it as their opinion, that if wine was as freely used as in France, it would eradicate the universal vice of intemperance. Says a noted writer upon this subject : " Wine, when used in moderation, proves generally grateful to the stomach ; it warms and stimulates it to greater exertion ; promotes, probably, a more speedy discharge of its contents, and from its immediate action, imparts a transient sensation of warmth and comfort ; but when taken in an immoderate quantity, it produces intoxication for the time, and its ex-



hilarating effects having subsided, it leaves the frame disordered, relaxed and weak. Wine may be considered as the best of cordials, where its good qualities are not destroyed by too free and frequent a use. Most of the great drinkers of vinous and spirituous liquors, die of relaxation, debility, loss of appetite, tubercles and schirrosity of the liver, or dropsy. Good wine taken in moderation cannot be injurious."

"The usages of wine are great, both as a beverage and a medicine. Several physicians recommend it as an excellent cordial, and particularly serviceable in fevers. The moderate use of wine is of service to the aged, the weak, and the relaxed, and to those who are exposed to a warm and moist, or a corrupted air. Wine deserves to be ranked first in the list of Antiscorbutic liquors. Considered as a medicine, it is a valuable cordial in languors and debilities; grateful and reviving; particularly useful in the low stage of malignant or other fevers, for raising the pulse, and resisting putrefaction."

#### BEER.

Malt liquors waste the powers of life, keep up a constant fever, exhaust the spirits, inflame the blood, cause headach and premature old age, and drank frequently and to excess, expose the body to numberless diseases. They particularly disagree with persons of a bilious temperament, and those subject to flatulency, coughs, and inflammatory affections. In cases, however, of great debility, where a stimulus is required, they may be given with success, particularly in the form of Porter. This article is very strengthening to females debilitated in nursing.

#### SPRUCE BEER.

This is a very cooling and pleasant beverage, which may be freely drank. It must be made, not of the syrup of spruce, which is now customary, but with a decoction of the leaves, by which the flavor and qualities are rendered altogether different, and much improved.

## MEDICAL OR ROOT BEER.

The following Beer will not only be found a substitute for many common drinks, but a very pleasant and wholesome beverage. Besides, it possesses alterative properties, attenuates viscid humors, and purifies the blood.

Take Sassafras Root,  
“ Burdock Root,  
“ Wild Cherry-tree bark of the root,  
“ Root of Black Alder,

Make a strong decoction by boiling several hours, strain, sweeten well with molasses or honey, then add, when it is blood warm, sufficient yeast to ferment it. In a short time, or as soon as it commences fermentation, it is fit for use. This may be freely taken as a diet drink. It is very pleasant, and excellent to prevent disease and keep the system in a healthy state, and it is grateful and cooling in all kinds of fevers.

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CHAPTER IV.

## AIR.

Few are aware of the effect of air in producing disease, or the promotion of health. It is the principal medium by which animal life is supported, and so necessary is it for this purpose, that life cannot exist a moment without it, as will appear by placing an animal in the exhausted receiver of an air pump.

## IMPURE AIR.

Impure air is a very common cause of diseases. Where it is very impure it proves fatal suddenly, and where it is mixed with that which is pure, the effect of it on the system

soon becomes perceptible. Indeed, it would appear that most disorders proceed from unwholesome air, or an atmosphere highly charged with deleterious gases.

The influenza, which often occurs as an epidemic, is caused by it, seizing thousands of persons, and spreading over extensive districts. The Indian Cholera, so highly pestilential, is communicated by an impure atmosphere. Also the intermittent, remittent and yellow fevers. Cities, towns and villages, have been almost depopulated by reason of unwholesome air received into the circulation, through the medium of the lungs.

The deleterious nature of impure air is still more strikingly exemplified, where carbonic acid gas, called "choke damp," or fixed air, has accumulated in large quantities, as in wells, mines, beer vats, and in such places as the Grotto Del Cani in Italy, where animal life becomes immediately extinct. Dogs are thrown into the latter place, and are immediately killed by inhaling the gas with which it abounds; and the great number of lives that are annually lost in wells and mines, is familiar to all; from which we learn the great influence which impure air has upon our health.

Persons should never descend any of these places, until they have previously let down a light to ascertain if combustion can be supported. If the light is extinguished, we scarcely need add, that no one can subsist in them a moment. By thus letting down a lighted candle into any place that has been long closed, many valuable lives might annually be saved.

When it has been discovered that this kind of air exists in any place, in order to remove it, slacked lime must be plentifully introduced. The carbonic acid gas unites with the lime, for which it has a great affinity, and a carbonate is formed which renders the air pure.

#### AIR OF CROWDED ASSEMBLIES.

When we reflect upon the quantity of atmospheric air which a single person renders impure or unfit for inhalation, we shall readily see the danger arising from the air of crowded assemblies.



It is computed that a man destroys the vital portion of a gallon of air per minute. To test this, let an animal be confined in a jar of common air, perfectly closed; in a short time, the inhalation of it absorbs the oxygen, and leaves only the nitrogen and a small proportion of carbonic acid gas, which being incapable of supporting combustion, soon takes the life of the animal. In the same manner, the health of people is impaired by being confined in jails, prisons, or being in crowded assemblies, or sleeping in close rooms, and where there are a number of others. Many have been suffocated in this manner. It is owing to this, that close stoves prove so injurious. They destroy the vital portion of the air, so indispensable to health and life, while the remaining impure air is inhaled, and the consequence is, headache, languor, and other ill effects. Those who are obliged to use small stoves, should place a vessel of water upon them, which, in a great measure, affords a preventative.

Persons should be careful, also, to promote a free circulation of air in their houses, by frequently opening their windows. A noted physician was so impressed with the importance of this subject, that he slept with his windows open during the whole year. In the winter, snow was often found upon his bed. He considered pure air of vital importance to health.

The most neat and delicate person, after having passed the night in his chamber, does not, when he awakes, discover any offensive smell in his room: but if he quits it for a few minutes, and returns to it, after having been in the open air, and before fresh air has been admitted, he will quickly discover an essential difference.

In crowded meetings or assemblies, delicate persons often become sick and faint, and in every place where the air becomes injured by repeated breathing, or by fires, candles, &c.

#### CHANGE OF AIR.

The effect of a change of air on the health is almost incredible, especially by removing from the city to the coun-

try; and the effect seems still greater on infants and children than adults, thousands of whom annually die from the effects of impure air. Many who have been laboring under the most serious, and apparently incurable diseases, by removing from the city to the country, or from an inland residence to the sea shore, have rapidly recovered. We might mention striking instances of this fact. It is often equally as salutary to remove from one climate to another of an opposite temperature. It is often the case, that the whole system undergoes a complete change, without the use of medicine. Persons afflicted with pulmonary and nervous diseases, should be careful to avoid the air of great towns or cities. Those who are unable to leave the city for any length of time, should frequently take excursions in the country, or on the water.

#### TREES AND PLANTS.

Trees and plants are great purifiers of the atmosphere, and are conducive to health. They emit oxygen gas, (the only vital portion of the air) during the day, while at night they imbibe and decompose it, and retain the carbonic acid gas, or fixed air, the deleterious nature of which has been pointed out. By this, we see how much they contribute to life and health. Let them, therefore, be nursed and cultivated, both for health and ornaments.

#### PURE AIR IN DISEASES.

A sensible writer on this subject, thus observes: "If fresh air be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it." The notion that sick people must be kept very hot, is so common, that one can hardly enter the chamber where a patient lies, without being ready to faint, by reason of the hot, suffocating smell. How this must affect the sick, any one may judge. No medicine is so beneficial to the sick, as fresh air. It is the most reviving of all cordials, if it be administered with prudence. We are not, however, to throw open doors and windows at random, upon the sick.

Fresh air is to be let into the chamber gradually, and if possible, by opening the windows of some other apartment.

The air of a sick person's chamber may be greatly freshened, and the patient much revived, by sprinkling the floor, bed, &c., frequently with vinegar, juice of lemon, or any other strong vegetable acid.

In places where numbers of sick are crowded into the same house, or, which is often the case, into the same apartment, the frequent admission of fresh air becomes absolutely necessary. Infirmarys, hospitals, &c., are often rendered so noxious, for want of proper ventilation, that the sick run more hazard from them, than from the disease. This is particularly the case, when putrid fevers, dysenteries, and other infectious diseases prevail.

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## CHAPTER V.

### EXERCISE.

The laborer is apt to murmur that he is necessitated to earn his bread by the sweat of his brow, and, looking round on his superiors, he repines at his condition and station, considering that as hard and afflicting, which infinite wisdom has destined to be absolute, if not the only method by which he can be put in possession of the chief of all earthly blessings,—a sound body and a quiet mind; for those whom poverty obliges to labor for their daily bread, are not only the most healthy, but, all things considered, generally the most happy of mankind.

“Toil and be strong. By toil the flaccid nerves  
Grow firm, and gain a more compacted tone;  
The greener juices are by toil subdued,  
Mellow'd and subtilized; the vapid old  
Expell'd, and all the rancour of the blood.”—ARMSTRONG.

The industrious labourer, who is under the necessity of earning his daily sustenance by personal exertion, commonly enjoys good health; he eats his scanty meal with a



good appetite, unassisted by provocatives, which his active and athletic body, by proper exercise, is soon enabled to digest; and at the return of evening he retires to undisturbed repose, where sound and uninterrupted sleep recompenses for his toil. Health makes his bed easy, and his wearied limbs, recruited by sound repose, fit him for the labor of the ensuing day. As his wants are few, he is nearly a stranger to care and solicitude, and his progeny are partakers with him in the same inheritance. On the other hand, the sluggard is exposed to a variety of temptations; and that indolence and inactivity are the source of much immorality, we may soon be convinced of by casting our eyes round the world. They also lay the foundation of many painful diseases, and at length, the mind, as well as the body, dwindles into a state of torpor.

Indolence impedes the organic functions, undermines the fountains of health, and gradually, but invariably, leads to disease. Accordingly, we find that those persons who are obliged to labor for their livelihood, are generally strangers to the gout and some other disorders, which may be considered as the offspring of good living and indolence. It is an established law of nature, that moderate labor or due exercise, is essential to the preservation of health; and although the energies of life may be impaired by excessive labor, and premature old age, with its many infirmities, be the consequence, yet the decree of the Deity, that man should earn his bread by the sweat of his brow, may be considered rather as a blessing than a curse in our present state of existence.

Let us be ever so attentive to our regimen and other circumstances, yet it is impossible to keep ourselves in a healthy state, if unaccompanied by due exercise: there is no substitute which we can appropriate for the non-observance of this salutary branch of personal management. Nothing so effectually prevents indigestion, and consequently strengthens the solids, as exercise; but unless it be duly and properly persevered in, and our bodies habituated to it, we cannot experience all that benefit which accompanies its use. In the formation of our frames, and from the nature of our constitution, it evidently appears to

have been the positive intention of Providence to create in us, for our well-being, an absolute necessity for exercise. Our love of motion is surely a strong proof of its utility, and nature implants no disposition in vain. It seems, moreover, to be a law throughout the whole animal creation, that no creature, without exercise, should enjoy health, or be able to find subsistence.

Were men to live in an habitual course of exercise and temperance, there would be but little occasion for using medicines; accordingly, we find that those are the most healthy who subsist by the chase; and that men lived longest when their lives were employed in hunting, and had little food besides what they caught. It has been remarked, that all those who have attained a very advanced age, have undergone great labor and fatigue in their younger years.

By attention to exercise, the tone and vigor of the body are very much increased; the nervous energy, and also circulation of the blood, are materially accelerated; and this increased impetus of the blood through the whole system produces an effectual determination to the surface of the skin, and a free perspiration is the consequence. By the same means, the body is disposed to sleep, the appetite is increased, the tone of the stomach and other organs concerned in the process of digestion preserved, and the blood is determined from the interior parts, thereby preventing, as well as removing obstructions, and powerfully obviating any tendency to overfulness in the system.

Moreover, by exercise, the spirits are enlivened, as well as the body refreshed; and it is an undeniable truth that where it is neglected, the strength and energy of the whole machine gradually fall to decay, and a morbid irritability is induced, with a long train of those unpleasant symptoms which usually accompany chronic weakness. The natural powers of the stomach and intestines sustain particular injury, the appetite is vitiated, and the bile and other fluids employed by nature in the process of digestion, are very imperfectly secreted, or perhaps considerably obstructed; the muscular fibres of the body become relaxed and debilitated; the whole animal economy is disordered, and a train of nervous and hypochondriachal symptoms, together with gout, apo-

plexy, palsy, glandular obstructions, and many other complaints incident to inactive, indolent and sedentary persons, come on.

Nothing but regular and sufficient exercise in the open air can brace and strengthen the muscles and nerves, or prevent the endless train of diseases which proceed from a relaxed state of these organs. The active and laborious are seldom the subjects of nervous diseases: these are the portions of the sons of affluence and ease. Riches, indeed, supply many indulgences, but they are at the same time accompanied by many evils; and thus are the good and bad things of this life pretty equally balanced.

Those who wish to enjoy health, should use exercise as regularly as they take their food: they should walk a certain distance in the open air every day, or ride on horseback; and they may probably find it to their advantage to employ some portion of the day besides in gardening, or some agricultural pursuit.

The studious, and men of letters more particularly are required to attend to these points; for if study be united with a want of exercise, it infallibly proves injurious to health, and never fails to destroy the appetite and impair digestion; then costiveness, flatulency, crudities, headache, apoplexy, and palsy, are the certain consequences. Exertion of the mind and inaction of the body, when carried to excess, are destructive of the most robust health. An alternate mixture of daily and sufficient exercise, business and reading, enables us to allow rest by turns to the body and the mind, and keeps the faculties in due equilibrium, and in a state of progressive improvement.

To render exercise as beneficial as possible, it will be necessary that it be not too violent, and that moderation, both in eating and drinking accompany it. Violent exercise, which either heats the body, fatigues it, or exhausts the spirits and muscular strength, is sure to be hurtful. Active exercise soon after eating a full meal, is likely also to be injurious: a state of quietude, therefore, for some time after dinner, in particular, as being the principal meal with most persons, will be advisable, but, nevertheless, we should not indulge in sleep soon after eating. This custom some



people practice, but it is an improper one, particularly for those of a full habit.

Exercise certainly gives strength and energy to the body, but it should not be carried too far, or be continued too long, as it may then be productive of mischief instead of benefit. It should be gentle and moderate, and when practicable, be taken in the open air. Another rule necessary to be attended to for rendering exercise advantageous, is, that due care be taken, that the body, when heated, be not suddenly exposed to cold, either by subjecting it to currents of air, or fresh breezes, or by drinking cold liquors of any kind. In warm climates, exercise should always be taken in the cool of the day, particularly in the morning.

We may consider exercise of the body as of three kinds: First, that of simple muscular motion, consisting in walking, or such employments as call forth the exertion of the limbs, as fencing, gardening, digging, hunting, shooting, playing ball, and the like. Secondly, that which is obtained by riding on horseback, or in any kind of carriage. And thirdly, that which may be given to the body by outward applications, such as frictions, either with the hand, a flesh brush, or a piece of flannel.

Exercises of the first kind are highly beneficial when the bodily powers will admit of them, as the mind being occupied therein, adds very materially to the advantages resulting from them; yet on account of their being more fatiguing and laborious, there are many instances where they are scarcely admissible, in which case, riding must be substituted in their stead. Of all the different species of exercise not taken on foot, that of riding on horseback, is certainly entitled to the preference, if the person is capable of using it. In nervous affections of all kinds, but more particularly the hypochondriac, as well as obstructions in any of the internal organs, it is more likely to be beneficial than any other, from the parts being universally shook by it, and such persons ought to pass two or three hours every day on horseback, when the weather is not wet.

Next to riding on horseback, a preference should be given to an open carriage of some kind or other, as a person has the advantage of continually changing the air, and

breathing it pure, the importance of which must be obvious, as well as beholding the diversity of scenery and country.

It now and then happens, however, that the motion of either a horse or carriage, be it ever so expertly hung, is too much for the delicate frames of some invalids. In such cases, easy exercise may be obtained by sailing in a vessel or boat at proper times of the day when the weather is fine; but when not so, swinging in a cot or hammock may be substituted.

A person who is prevented from taking exercise in the open air, by inclemency of the weather, or other causes, should by no means remain in a continued state of inactivity; he should engage in some employment, or active amusement within doors. Where the taste and inclination extend to any mechanical pursuit, such as that of turning, &c., it ought to be indulged; but where they do not, what are called dumb bells may be substituted for a considerable space of time each day.

The third species of exercise which has been mentioned, is that of frictions, and where the circulation is languid, and the motion of the other fluids sluggish, or there is an inability of muscular motion from any paralytic affection, these may be employed with much advantage, and in the latter instance, still more so, if conjoined either with electricity or galvanism.

Frictions may be made, either with a piece of flannel, the flesh-brush, or simply with the hand; and the best time for employing them, seems to be in the morning, at the time of rising from bed; for then the superfluous matter, which is prepared for perspiration, is more readily brought to the surface of the body. In the application of this species of exercise, if we commence the friction from the extremities upwards to the body, we shall thereby accelerate the circulation, and propel the blood into the finer branches of the minute vessels.

In every stage and state of life, exercise is necessary for our welfare and health, and it is equally as requisite for those of the female sex as for the male part of the creation. By food our bodies may be nourished; but if not assisted

by due exercise to carry on the digestion of it with advantage, and help in throwing off the superfluous humours by perspiration, we must unavoidably feel all the inconveniences of repletion and fulness in the blood vessels, whilst at the same time, the body will be afflicted with many painful diseases.

Indolence, moreover, not only occasions diseases, and renders men useless to society, but promotes all manner of vice. Indolence, when indulged, gains ground, and at length becomes agreeable ; hence, many who were fond of exercise in the early part of life, become somewhat averse from it when more advanced in years. This is the case with most gouty and hypochondriacal people, which, in a great measure, renders their diseases more untractable, if not incurable. Idleness may well be said to be the root of many evils ; and I think we may safely alledge, that, on the contrary, a life of activity and industry is not only the greatest prompter as well as preservative of health at all periods of our mortal existence, but likewise one of the best guardians of virtue.

No piece of indolence hurts the health more than the modern custom of lying a-bed too long in the morning. This is the general practice in great towns. The inhabitants of cities seldom rise before eight or nine o'clock ; but the morning is undoubtedly the best time for exercise, while the stomach is empty, and the body refreshed with sleep. Besides, the morning air braces and strengthens the nerves, and in some measure answers the purpose of a cold bath. Let any one who has been accustomed to lie a-bed till eight or nine o'clock, rise by six or seven, spend a couple of hours in riding, walking, or any active diversion without doors, and he will find his spirits cheerful and serene through the day, his appetite keen, and his body braced and strengthened. Custom soon renders early rising agreeable, and nothing contributes more to the preservation of health.

The age of sixty may, in general, be looked upon as the commencement of senility, and about this period of life, it commonly happens that some signs of bodily infirmity begin to appear. To the constitutions of such persons, moderate quietude is most suitable, since the springs of life in



them are rather weakened than invigorated by excessive or severe action.

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## CHAPTER VI.

### CLOTHING.

Those who wish to pay a due regard to their health, must attend to their clothing. It should be adapted to the climate, the season of the year, age, &c.

### CLIMATE.

The principal object of clothing is to preserve a right temperature of the body. Hence, persons in very cold, require much more clothing than those in warm climates. Custom or habit, however, have a great influence. The natives of this country live throughout the most rigorous winters, almost without any clothing, while we apparently experience more suffering with a very great quantity of clothing.

### AGE.

Youth, in consequence of the rapid circulation of the blood, require less clothing than middle and old age.

### SEASON.

The dress should be adapted to the season of the year, as every one knows that winter requires much more clothing than summer. But the greatest caution is necessary to make the change very gradually. Woollen garments should be put on early in the fall, and worn late in the spring. This is the more necessary, by reason of the sudden and great changes of our climate. One day, the thermometer

rises to an hundred ; the next, it sinks to forty ; which racks the constitution, and proves very destructive to health.

These vicissitudes must be guarded against by proper clothing, which should never be very thin, even in midsummer.

#### FASHION AND FIGURE.

More consequence is now attached to figure and form, than to health and convenience. Persons must dress fashionable, no matter how ridiculous or dangerous it may prove. Hence, fashion and shape are continually changing, without regard to health, climate or comfort. In order to reduce the body to a fine shape, the stomach and bowels are squeezed into as narrow a compass as possible. By this reprehensible practice, indigestion, fainting, coughs, consumption and other complaints are produced.

#### TIGHT LACING, BANDAGING, ETC.

Garters, when drawn too tight, not only prevent the free motion and use of the parts about which they are bound, but likewise obstruct the circulation of the blood, which prevents the equal nourishment and growth of these parts, and occasions various diseases. Tight bandages about the neck, as stocks, cravats, necklaces, &c., are extremely dangerous. They obstruct the blood in its course from the brain, by which means, headaches, vertigoes, apoplexies, and other fatal diseases are often occasioned.

#### QUANTITY OF CLOTHING.

A judicious physician, in speaking upon this subject, has the following excellent remarks : " Robust persons are able to endure cold better than the delicate, consequently may clothe lighter ; but the precise quantity of apparel which may be necessary for any person, cannot be determined by reasoning. It must be entirely a matter of experience, and every person is the best judge for him or herself what quan-

tity of clothes is necessary to keep him or her sufficiently warm and comfortable. The state so nearly approaching to absolute nudity, in which fashionable females now make their appearance in public, is not only highly indecent, but must be very destructive of their health and personal comfort."

"Whilst treating on clothing, we would recommend it to every person to be careful in observing that their linen is properly dried previous to its being put on. This precaution will be particularly necessary in the winter months, as the washerwomen are then obliged to dry chiefly by the heat of a fire, and this is apt to be imperfectly done. Many lives are annually sacrificed by persons putting on damp linen, as well as by sleeping in sheets not properly dried."

"Another observation which we think it necessary to make on the present subject, is, that due care should be taken to change the stockings and other clothing as speedily as possible after their becoming wet by any exposure to inclement weather, rain, &c. Many persons are so imprudent as to neglect this very necessary change, and to suffer their clothes, after such an exposure, to dry on them, assisted, probably, by going near a fire for some time; but such a practice is always attended with risk, and not unfrequently gives rise, either to Rheumatism, fever, pleurisy, cough, consumption, or some other disease of a dangerous, or even fatal nature."

#### KIND OF DRESS.

We shall say but little on the kind of clothing which ought to be worn, but leave this part of the subject to the good sense of the reader to determine. We would merely add, that such articles must be used as will render the temperature of the body as uniform as possible, by keeping up a due degree of perspiration. Nothing contributes more to this than flannel. Females of a delicate constitution really require some under clothing, in addition to what is usually worn; and we would therefore recommend them drawers or sliders of flannel. Some persons, particularly invalids, may wear flannel throughout the year.



It is much better to wear flannel over the shirt, than next to the skin. It is certainly more pleasant, and besides, it seems to maintain a more uniform and equal heat of the body. A flannel waistcoat early in the fall, and as the weather grows colder, flannel drawers should be worn; and they should be discontinued in the same order of time. By this course, the transition from one extreme to the other is not so great. It is better to wear cotton next to the skin than linnen, as the latter, when moistened with perspiration from great heat or exercise, gives a sense of chilliness, as the body cools; whereas, cotton, by its absorbing properties, prevents any such effects.

Flannel, by all means, should be taken off at night; otherwise, the skin becomes too much accustomed to its stimulus, and its beneficial effects, in some degree, lost. Not only so, if flannel is worn at night, the system becomes more susceptible of cold after rising from the bed, and exposure to the atmosphere. Flannel should be worn during the day, to defend the system from a sudden contact of cold, which it does admirably, by absorbing perspirable matter, thereby preventing too sudden evaporation, and in this manner, a uniform temperature is maintained.

Imprudent persons have lost their lives by taking off their flannel too early in the spring, merely because a day or two of warm weather commenced, which rendered it unpleasant. If it is not worn constantly, it should be at least continued till the beginning of summer, and again put on by the first of September.

In the sultry days of Summer, every precaution should be taken that the body be not suddenly exposed to cold when overheated by exercise, by throwing off a portion of our clothing, as is very customary with many.

It is lamentable to see the great departure there is now from the former modes of dress, as well as in other respects. Our ancestors were in the practice of dressing very warm and comfortable; stout cloaks, thick shoes, &c., and they, in consequence, were healthy. In these days, it is the reverse. By the present mode or fashion in dress, thousands of females are injured, if not killed.

In concluding this chapter, we will quote the remarks of

Buchan on this subject. "Nothing, says he, can be more ridiculous, than for any one to make himself a slave to fine clothes. Such a one, and many such there are, would rather remain as fixed as a statue from morning till night, than discompose a single hair, or alter the position of a pin. Were we to recommend any particular pattern of dress, it would be that which is worn by the people called Quakers. They are always neat, clean, and often elegant, without any thing superfluous. What others lay out upon tawdry laces, ruffles, and ribbands, they bestow upon superior cleanliness. Finery is only the affectation of dress, and very often covers a great deal of dirt."

Let your dress be as cheap as may be without shabbiness; attend more to the color of your shirt, than to the gloss or texture of your coat; be always clean as your situation will without inconvenience permit; but never, no, not for one moment, believe that any human being with sense in his skull, will love or respect you on account of your fine or costly clothes."

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## CHAPTER VII.

### CLEANLINESS.

Those who wish to preserve their health, must attend strictly to cleanliness. Few things are of more importance to society, and should be attended to every where among all classes. By reference to Deuteronomy, chapter 22: 12th and 13th verses, it will be seen that the Jews, during their encampments in the wilderness, received particular instructions with respect to it; and these instructions ought to be obeyed by every one. It appears that the whole system of laws delivered to that people, has a tendency to promote cleanliness.

In the most eastern countries, cleanliness makes a great part of their religion. Mahometan, as well as the Jewish religion, enjoins various bathings, washings, and purifications.

Although these might be designed to represent inward purity, yet, at the same time, they are calculated for the preservation of health. It is rightly said, that the want of cleanliness is a fault which admits of no excuse, for where water can be had for nothing, it is in the power of every one to be clean.

The continual discharge from our bodies by perspiration, renders frequent change of apparel necessary. Changing apparel greatly promotes the secretion from the skin, so necessary for health. When that matter which ought to be carried off by perspiration, is either retained in the body, or re-absorbed from dirty clothes, it must occasion diseases.

#### DISEASES OCCASIONED BY THE WANT OF CLEANLINESS.

Many complaints are caused by want of cleanliness. Fevers, dysenteries, and diseases of the skin, often arise from filth, and they may be mitigated or cured by a strict regard to cleanliness.

#### FILTHY PERSONS AND APARTMENTS.

It is well known that the itch and vermin attack those whose apartments and persons are filthy, by which they become a common nuisance. Some of the habitations of the lower class of persons, particularly of our cities, are so dirty, that the most disagreeable and foetid affluvia is emitted from them. If such persons are too indolent to remove the filth about them, ought not magistrates to interfere, and cause it to be done?

#### PERSONAL CLEANLINESS.

Personal cleanliness is chiefly effected by a frequent change of dress, but is much increased by ablutions of different parts of the body daily with water. Of these, the head, face, and mouth, as well as the hands and feet, claim our particular attention. From neglecting to keep the mouth, teeth, tongue and throat properly cleaned, the breath is apt to acquire a disagreeable taint. The teeth ought,



therefore, to be cleansed after every meal, as the refuse of the food naturally settles about them, and in consequence of heat, rapidly becomes putrid, and in this state, proves injurious to them, as well as the gums. Every morning, the tongue should be cleansed, and the throat be well gargled, and washed out with water.

The teeth are apt to become encrusted with tartar, which, in time, very much injures the enamel with which they are coated externally; it should not, therefore, be suffered to collect, but be removed from time to time. They should be washed every morning with a small piece of sponge, or very soft brush dipped in cold water, joining occasionally the powder of fresh prepared charcoal. If any of the teeth have a tendency to caries or rottenness, or the gums are spongy, and bleed, the mouth may be washed with the tincture of myrrh.

Attention to the feet is also very necessary, particularly in warm weather, and with those who from a peculiarity of constitution have them very moist. The perspiration proceeding from them in hot weather, and after much walking, emits a very disagreeable smell: they ought, therefore, to be frequently washed; but no means for stopping the discharge should be resorted to, as by drying it up, serious diseases might be induced. Great cleanliness, by daily ablutions of the feet, and the change of stockings, are not only the most convenient, but the most salutary means of preventing all unpleasantries.

The most rigid cleanliness must also be observed during sickness. The clothes of the person must be frequently changed, every thing offensive removed, and the apartment must be kept perfectly clean.

Mechanics, and those who are under the necessity of working, where there is constant dirt and filth, ought to wash themselves, and change their clothing as often as possible. They should frequently bathe, both in the summer and winter season.

## CHAPTER VIII.

## SLEEP, EARLY RISING, ETC.

For the purpose of recruiting the waste daily produced in the human body, and enabling it to perform every function properly, nature has wisely and beneficially determined that an adequate renovation should succeed this exhaustion, by alternate periods of sleep and watching.

An insufficient quantity of sleep exhausts the spirits, and produces headache, anxiety of mind, and moroseness of temper; moreover, it debilitates the nervous system. On the contrary, too great an indulgence in sleep is also injurious, as the muscular motions are thereby debilitated; the nerves and other fibres become relaxed or torpid, and a state of indolent stupidity supervenes, which is not thrown off the whole day: added to which, that sprightliness of life and vivacity are wanting, which are usually the consequences of early rising. It is evident, therefore, that sleep requires some regulation, as well as our diet. A habit of retiring soon to rest, and of rising early, appears to be very favorable to the developement of the powers, and the preservation of health. Those who lie half of the day in bed, become effeminate and enervated, and they soon lose that activity, which, properly directed, can alone confer value on life.

It would appear that six hours sleep every night is sufficient for any adult person during the summer, who is in health, and in winter, about seven, or at the most, eight.

Those who indulge for nine or ten hours in bed, are commonly wakeful or restless during the fore part of the night; and when they ought to rise, sink to rest, and slumber on till noon; by which imprudent conduct, even the strongest constitution will be injured.

Nothing, however, more certainly destroys the constitution, than that of sitting up a great part of the night, and lying in bed the pleasantest and most healthy part of the day, as is too much the custom with those who lead a fashionable life; thereby, converting night into day, and

day into night. This plan of proceeding is sure to injure the health of its votaries, and to shorten the natural period of life, and it will undermine the strongest constitution, even if accompanied with habits of regularity in other respects; but how much more destructive must its effects be, when conjoined with intoxication, gambling, sensuality, and other midnight excesses. Persons of athletic bodies may probably bear up for a time under late hours and intemperance, but the delicate and weakly must unavoidably fall very soon martyrs to such indiscretions.

It is indeed melancholy to observe among the votaries of fashion and dissipation, the ill effects produced on their constitutions by their midnight revels. Let any person view their pallid countenances where rouge is not resorted to, as well as their ghastly forms, and they will be well satisfied that inverting the established order of things, by turning night into day soon robs the blooming cheek of its roses and lilies; brings on early decay in process of time, and destroys the most vigorous frame.

A due proportion of sleep, taken at proper hours, is absolutely necessary for the welfare of our bodies, which, during this period, receive a considerable degree of nourishment and renovation: if, however, it be too short, interrupted, or taken at unseasonable hours, debility ensues, and the vital powers, sustaining a deprivation or adequate supply of nourishment, are exposed to injury. A person, from this cause, will be likely to feel a great degree of languor and weariness when he rises, instead of proper refreshment. It must be evident to every person that a considerable portion of human happiness is founded on the alternate vicissitudes of motion and rest: those, therefore, who neglect the latter, will rarely be gratified by the relish resulting from the former.

We should avoid sleeping in those apartments where we live during the day; and for a bed chamber, make choice of a spacious room exposed to the sun, and that can have the windows open in the day time, for the admission of pure air, and the dispersion of vapours collected during the night. To secure ourselves from the effects of a vitiated atmosphere, we ought also to take care that the beds are



well shaken up every morning ; and that these, as well as the bed-clothes, are freely exposed for a due length of time to the air.

Children may always be allowed to take as much sleep as they please, but it is a very different case with adults of a youthful age. Quietude and repose best, however, become the constitutions of those who are far advanced in years, since the springs of life in them are rather weakened than invigorated by excessive action and want of sufficient sleep.

The best way of making sleep refreshing, is to take proper exercise through the day ; to avoid strong infusions of tea or coffee in the evening ; to make a very light supper at least an hour or two before retiring to rest, where such a meal is indispensably necessary ; to go early to bed ; to lie down with a mind as serene and cheerful as possible, placing the body in the position which is most congenial to the feelings and habits of the individual ; and to rise betimes in the morning ; for it has been observed, that the most of those who have attained a great age, have generally been early risers. It must, however, be understood, that although early rising and activity are conducive to health, they should nevertheless be regulated by the state of bodily strength, the season of the year, and the habitual exertions of the mind.

Too much exercise will prevent sleep as well as too little. We very seldom hear, however, of the active and laborious complaining of restless nights : it is the indolent and slothful who are generally incommoded with these complaints. The labourer enjoys more real luxury in sound sleep and plain food, than he who fares sumptuously and reposes on downy pillows, where due exercise is wanting.

Light suppers are also necessary to sound sleep ; and many there are who experience uneasy and restless nights if they commit the least excess at that meal ; and when they do fall asleep, the load and oppression on their stomach occasions frightful dreams, the night-mare, broken and disturbed rest. Some people cannot sleep, however, unless they have taken solid food at night, and this, perhaps, merely

from habit or custom; but in such cases, the very lightest should be chosen, and only a very moderate quantity be eaten, taking care, at the same time, that an hour or two shall always elapse prior to getting into bed. Indeed, it would always be advisable, after eating such a supper, to take a little gentle exercise before the person retires to rest.

Those who follow intellectual pursuits with immoderate ardour, exhaust their powers, and speedily are visited by premature old age. Shun, therefore, close meditation and intense study by nights.

Anxiety of mind, and intense thinking, are almost certain to prevent sound sleep; and therefore we should endeavour to preserve tranquility of mind, and banish anxious thoughts as much as possible, when we retire to rest, calling in the aid of philosophy to bear with due fortitude and resignation those ills which we cannot prevent.

He that goes to bed early at night, will, in general, be desirous of rising betimes in the morning: moreover, he that accustoms himself to an early hour for retiring to rest, can rarely join in Bacchanalian revels, nor in the fashionable dissipations of high life; his sleep is not disturbed by the effects of unseasonable luxury; his slumbers are sound and refreshing, and he rises with cheerfulness and fresh acquired vigour to breathe the morning air, and commence the duties of the day.

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## CHAPTER IX.

### TRANSITIONS FROM HEAT TO COLD.

Most of our diseases arise from a sudden transition from heat to cold. The sudden application of cold to the body in a state of perspiration, cannot but be fraught with danger. The pores become closed, perspirable matter retained, which proves a source of irritation to the system, and soon terminates in a departure from health. And this is

generally brought about by a sudden transition from a high to a low degree of temperature. The system is capable of undergoing an intense degree of cold, when it is gradually brought under the influence of it; but when it is suddenly applied, such a shock is given to the body, that it rarely escapes without receiving injury; from which we may infer the great necessity of care and caution against sudden transitions from heat to cold. A sensible writer has the following remarks upon this subject:—

“By cold air, the human body is considerably contracted, and rendered more compact; which is very obvious by observing that the same clothing which in summer sits tight, will in the winter be too large. In proportion, therefore, as the external heat is diminished, it would appear nature intended that the internal heat should be increased thereby. In winter the blood is much disposed to inflammation; and becoming, in some measure, obstructed in its passage through the lungs, produces coughs, pleurisy, inflammation of the organs of respiration, rheumatism, and inflammatory sore throat. By paying attention, however, to a proper degree of clothing, and taking particular care that a due proportion of exercise be not neglected, cold may be rendered less hurtful to the body, and the risk of incurring these dangerous complaints in a great measure be obviated.

The effects of extreme cold are, however, sometimes destructive to the human frame, as in northern countries persons have been known to drop down suddenly, and be deprived of life without any previous symptoms of disease. The loss of various parts of the body in persons of the most healthy constitutions, by the effect of extreme cold, is well known. The toes, fingers, lips, and nose, are frequently so far exposed to its effects, as to induce a mortification in these parts.

There is no change throughout nature more pernicious, either to animal or vegetable bodies than from extreme heat to intense cold, or from freezing to sudden thawing, and the opposite of these. Hence, it has been observed, that irritating coughs are never so prevalent, as when there are sudden alterations of the weather, and when the air, after



having been very cold, suddenly becomes warm and damp, and after that assumes a considerable degree of coldness again. These transitions occasion a smaller quantity of matter to be thrown off by perspiration, and the lodgment of a greater proportion of fluids upon the internal parts, which become loaded and obstructed; hence catarrhs, diarrhæa, and many other diseases.

When any ordinary change of external temperature is made gradually, such is the constitution of the healthy human frame, that it bears it with impunity; but when it happens more rapidly, danger arises, proportioned to the suddenness of the event.

The most dangerous, however, of all, are those rapid and violent fluctuations which arise from the artificial modes of influencing temperature by the close rooms and fires of refined life, as also by the clothing. There are many thoughtless persons who will rush out into the freezing air, from a room heated to the temperature of India; or after having been warmly clad throughout the day, will go out into the cold, damp air of night, in the flimsy dress of a ball room with their bosoms uncovered, and their necks and shoulders perfectly bare; for such is the prevailing fashion among women of nearly all ages. They are never *more dressed*, according to their ideas, than when thus equipped for some place of amusement, although, in fact, they very nearly approach a state of nudity. It is by such imprudences, and the changes of temperature to which they become liable, that so many thousands are annually cut off by one disease or another, but particularly by pulmonary consumption.

But we are now so accustomed to hear of colds, coughs, consumptions, rheumatism, and a long train of other diseases of a similar nature, that we have nearly been brought to consider them as the necessary attendants of our situations, the unavoidable scourges of our climate and land, the existence of which we may deplore, but against which, it is almost useless to employ any precaution. It is a positive fact, however, that most of our winter maladies derive their origin from sudden and considerable vicissitudes of temperature, and may perhaps be avoided by paying

due attention to the following rule, viz: To keep the temperature of the atmosphere which surrounds us as uniform as possible, and when a change is unavoidable, to make it gradually, and not suddenly.

A due attention should, therefore, be paid to our clothing, and management in other respects, on quitting our houses, or coming out of any crowded place of public resort in cold weather. Persons of a delicate constitution will find it much to their advantage to pay attention to the changing of their clothes according to the vicissitudes of the season, or even, indeed, to those of the same day, proportioning, not only the quality, but the quantity thereto.

As our bodies are readily acted upon by every sudden change of weather, as from heat to cold, and the reverse of this, every precaution should be taken for the purpose of preventing any sudden check to perspiration; and it should be a fixed rule, to avoid all rapid transitions from one extreme to another, and never to remove from a room which is highly heated, to a cold air or fresh breeze, while the body remains warm, or till the necessary change by additional clothing has been previously made. If, at any time, the body should be greatly heated during warm weather, it will be sure to suffer by going into a cellar, ice-house, or cold bath, or even by sitting on cold stones, or ground that is damp. Severe colds, pulmonary consumption, rheumatism, and many other maladies of a severe nature, have been brought on by such imprudence, and even speedy death has been the consequence of such a transgression."

#### WET CLOTHES.

A writer treating on obstruction of perspiration, has the following pertinent remarks: "Wet clothes not only by their coldness obstruct the perspiration, but their moisture, by being absorbed or taken up into the body greatly increases the danger.

"The most robust constitution is not proof against the danger arising from wet clothes; they daily occasion fevers, rheumatisms, and other fatal disorders, even in the young and healthy.

“It is impossible for people who go frequently abroad, to avoid sometimes being wet. But the danger might generally be lessened, if not wholly prevented, by changing their clothes soon: when this cannot be done, they should keep in motion till they be dry. So far are many from taking this precaution, that they often sit or lie down in the fields with their clothes wet, and frequently sleep even whole nights in this condition. The frequent instances which we have of the fatal effects of this conduct, ought certainly to deter all from being guilty of it.”

#### WET FEET.

Wet feet often occasion fatal diseases. The cholic, inflammations of the breast and bowels, cholera morbus, &c., are often occasioned by wet feet. Habit will, no doubt, render this less dangerous; but it ought, as far as possible, to be avoided. The delicate, and those who are not accustomed to have their clothes or feet wet, should be peculiarly careful in this respect.

#### NIGHT AIR.

The perspiration is often obstructed by night air: even in summer this ought to be avoided. The dews which fall plentifully after the hottest day, make the night more dangerous than when the weather is cold. Hence in warm countries, the evening dews are more hurtful than where the climate is more temperate.

It is very agreeable, after a warm day, to be abroad in a cool evening; but this is a pleasure to be avoided by all who value their health. The effects of evening dews are gradual, indeed, and almost imperceptible; but they are not the less to be dreaded: we would therefore advise travellers, labourers, and all who are much heated by day, carefully to avoid them. When the perspiration has been great, these become dangerous in proportion. By not attending to this in flat, marshy countries, where the exhalations and dews are copious, labourers are often seized with intermitting fevers, quinseys, and other dangerous diseases.



## DAMP BEDS.

Beds become damp, either from their not being used, standing in damp houses, or in rooms without fire, or from the linen not being dry when laid on the bed. Nothing is more to be dreaded by travellers than damp beds, which are very common in all places where fuel is scarce. When a traveller, cold and wet, arrives at an inn, he may, by means of a good fire, warm diluting drinks, and a dry bed, have the perspiration restored; but if he be put into a cold room, and laid in a damp bed, it will be more obstructed, and the worst consequences will ensue. Travellers should avoid inns which are noted for damp beds, as they would a house infected with the plague, as no man, however robust, is proof against the danger arising from them.\*

But inns are not the only places where damp beds are to be met with. Beds kept in private families for the reception of strangers, are often equally dangerous. All kinds of linen and bedding, when not frequently used, become damp. How, then, is it possible, that beds which are not slept in above two or three times a year should be safe? Nothing is more common than to hear people complain of having caught cold by changing their bed. The reason is obvious: were they careful never to sleep in a bed but what was frequently used, they would seldom find any ill consequences from a change.

That baneful custom, said to be practised in many inns, of damping sheets, and pressing them, in order to save washing, and afterwards laying them on the beds, ought, when discovered, to be punished with the utmost severity. It is really a species of murder, and will often prove as fatal as poison or gun-shot. Indeed, no linen, especially if it has been washed in winter, ought to be used till it has been exposed for some time to the fire; nor is this operation less necessary for linen washed in summer, provided it has lain for any length of time. This caution is the more needful, as gentlemen are often exceedingly attentive to what they eat

\* If a person suspect that his bed is damp, the simple precaution of taking off the sheets and lying in the blankets, with all, or most of his clothes on, will prevent all the danger.

or drink at an inn, yet pay no regard to a circumstance of much more importance. Muslin is much more healthy than linen sheets.

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## CHAPTER X.

### NOSTRUMS AND PATENT MEDICINES.

We deem it necessary to make a few remarks on the numerous nostrums or quack medicines offered for sale. The public are as much or more duped by taking these preparations, as from those minerals or poisons administered undisguisedly.

It is astonishing to witness the facility with which many suffer themselves to be imposed upon, by the pompous advertisements of some panacea, catholicon, pill, syrup, or universal remedy, which they purchase at a high rate from some pretender to a great secret or nostrum. The most foolish and palpable preparation is purchased and taken with avidity, provided it is kept a secret, and extolled or puffed.

Our papers are filled with numerous nostrums, highly recommended for the cure of all diseases. "Whoever advertises any medicine," says a writer, "as an universal remedy for all diseases, is an absolute impostor; such a remedy being impossible, and contradictory in our present state of knowledge. We freely appeal to every sensible man, who will reflect a little on the different causes and symptoms of disease, whether this is not the case."

Did people know the ingredients of the nostrums which they purchase, they would lose all confidence in them. Secrecy, in the minds of the ignorant and vulgar, stamps a great value on every medical preparation. Cheats and impostors know this, and thus take the advantage of such persons to palm upon them their spurious trash. Some allowance, it is true, must be made, when we reflect upon the want of a correct system of medical practice. Many persons, finding no benefit from learned, fly to ignorant

quacks for relief. Unhappily, as it were, they are burnt between two fires. When a man advertises that he can cure all diseases, or when he publishes a certain cure for all complaints, look out for an impostor. No matter how many certificates are appended or exhibited.

Most of the lozenges and worm preparations contain mercury; also many other remedies highly extolled, contain the same deleterious article.

Many of the syrups and panaceas denominated vegetable, contain corrosive sublimate.

Many of those persons who profess to cure disease by vegetable remedies, make use of mercury almost exclusively, in some form or other. We here give the advertisement of a doctor, who is repeatedly resorted to in the city of New-York, by a certain class of invalids, by way of specimen for puffing some of these nostrums:

"*Salus Populi Suprema Lex.* Dr. H——, having been legally bred to the medical profession, confines his attention to a particular disease, which engages his most profound attention. His experience is very great; his success astonishing. Strangers may find some difficulty in making a choice. Dr. H—— looks down with conscious pride upon all competition; his real respectability, skill and integrity challenge the severest scrutiny. A plurality of offices are provided," &c.

This is only given as a specimen, but the newspapers are full of them. The following receipt is recommended by a doctor:

"For gouts, rheumatism, cramps, contractions of the sinews, &c.—Take a young fat dog, kill him, scald and strip off his hair. Then from a small incision, take out the contents of his belly, and put in the cavity two handfuls of nettles, two ounces of brimstone, a dozen of eggs, and four ounces of turpentine, well mixed together. Then sew up his belly, and roast him before a fire, and save the oil. This is to be applied to the parts affected, warm, and rubbed in by the fire."

Or the dog being prepared in the same manner, fill his belly with a pint of red pepper, a pint of fish worms, the bark of sassafras roots, and three or four green frogs; roast



him in the same manner, and save the drippings. This is a valuable ointment for rheumatisms, contractions of the tendons, nervous affections, burns, &c.

That these preparations, although singular, are valuable, no one need doubt.

It is said that a German in the city of New-York, proposed to cure all diseases by inspection of the urine. The old women, girls, as well as men, who imagined they were sick, sent a specimen of the precious liquid for the wise doctor to learn their symptoms, and prescribe for their diseases. After pocketing a good fee, he ordered each one, no matter what the disease, to be copiously and repeatedly bled. The consequence was, that their complaints were exasperated, and several destroyed. We might easily fill a volume on this subject, but a few hints to the wise is sufficient; and we now candidly say to the public: 'Be particular, as you value your lives and health, to avoid all nostrums and patent medicines, of which you know not the nature nor composition.' And the practising physician who uses or recommends to his patients these articles, only indirectly acknowledges that he has no confidence in his own preparations of medicine, and his ignorance of the healing art.

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## CHAPTER XI.

### RULES FOR THE PREVENTION OF INFECTIOUS DISEASES AND CONTAGION.

It is no doubt the case, that many infectious or contagious diseases may be averted or completely destroyed by adopting proper means for this purpose.

#### SEPARATION OR REMOVAL.

When any person is attacked with a disease which is contagious or supposed to be contagious, he should be im-

mediately removed to a place established expressly for that purpose, or if convenient or desirable, let him be taken to a separate and remote part of the house, distant from the rest of the family, into a clear and well ventilated room. The upper portion of the house is preferable. First, because it is drier; and second, because it permits the contagious effluvia arising from the body of a patient, more readily to pass off, as the current of air more rarified is naturally upwards.

#### SEPARATE APARTMENT FOR THE SICK.

In all boarding houses, and where a great number of persons are crowded together, there ought to be a separate room for those that are sick. Where there is not a suitable place, one should be provided in the vicinity or neighbourhood.

#### INTERCOURSE WITH THE SICK.

There should be as little intercourse with the person affected with any contagious disease as possible. No one should be allowed to visit him, except the nurse, or immediate relatives, and those should be careful to keep at a proper distance from the bed; that his breath, and the vapour arising from his body may not be inhaled. A handkerchief wet in vinegar, may be held occasionally to the nose, while in the room. Those who are obliged to continue in the room, should, as much as possible, avoid fatigue, be very temperate, and occasionally take a dose of medicine.

Let them eat plenty of raw onions, and let them be applied to the feet of the sick person, and other parts of the body.

It is generally admitted that fear operates as a predisposing cause in the production of infectious diseases. It therefore becomes necessary to command as much fortitude and resolution as possible, as well as to inspire confidence in the mind of the patient.

## VENTILATION.

The greatest attention should be paid to a free and constant circulation of air in the apartment or apartments. The upper part of the window or the door should always be left open—but a current of air direct upon the person, should be avoided. If the weather should be very windy, let muslin or gauze be hung before the window. Nothing is more important than pure air.

## CLEANLINESS.

Great attention should also be paid to cleanliness. The clothes of the sick must be often changed, and the room kept perfectly clean. A writer lays down the following rules to prevent the spread of infectious diseases:

I. "The chamber in which the patient lies, must be kept clean, and freely ventilated. No bed curtains must be allowed to be drawn around the patient."

II. "Dirty clothes, utensils, &c., should be changed, and immediately immersed in cold water; and washed clean when taken out."

III. "The discharges from the patient must be instantly removed; and the floor around the patient should be rubbed clean once a day with a wet cloth."

IV. "Avoid the current of the patient's breath, as well as the effluvia which ascends from his body, and from the evacuations."

V. "Visitors ought not to go into the patient's chamber with an empty stomach, and in doubtful circumstances; on coming out, they should blow from the nose, and spit from the mouth, any contagious poison which may adhere to these passages."

## FUMIGATIONS.

In order to remove any offensive or disagreeable effluvia, and to destroy the power of contagion engendered, fumigations may be used. An excellent method to purify rooms where there is contagion, is to pour vinegar on a

heated shovel or peal. This should be frequently done, and particularly when any thing passes the bowels of the sick person. Green plants may also be kept in the apartment, and the fumes of bitter herbs, bruised or boiled, are also excellent preventives. The hands, face, and body, should be occasionally bathed with vinegar, and the temperature of the body should not be too great, as it tends to putrefaction. Whatever diet is given, should be of an antiseptic nature, nutritious, and altogether vegetable.

#### SWEET OIL A PREVENTATIVE.

For a prevention of the plague, it has been recommended to bathe the body with sweet oil, as it has been ascertained that among a million of inhabitants carried off by the plague in Egypt, not a single oil man, or those who worked in oil stores, were ever infected with the disease; their clothes and bodies were besmeared with oil. We therefore recommend any one exposed to any contagious disease, to dip their flannels in sweet oil, wring them out, and constantly wear them in this state, thus saturated with the oil; also take an ounce of the oil once or twice a week, and observe universal temperance.

#### SECRET OF DESTROYING CONTAGION.

The great secret of destroying contagion, and preventing its increase, is, unquestionably, to dilute the infected air, or atmosphere by ventilation, cleanliness, fumigation, separation of the sick, or those suspected. There is every reason to believe that this will not only prevent the spread of contagion, but entirely destroy the powers of it.

#### CHLORIDE OF LIME.

In conclusion, I have to state, that the chloride of lime possesses very antiseptic, disinfecting, and purifying properties, which render it highly important in the preservation of health, and prevention of contagion, by decomposing putrid effluvia of every kind, and preventing the generation



of epidemic diseases, or arresting their progress when they already exist. It destroys the poisonous exhalations from privies, sewers, docks or ponds left bare at low water; also of vaults, cellars, store-houses, hospitals, prisons, market-houses, gutters, &c. It is valuable for purifying the air of wells, mines, slaughter-houses, drains, tables, the holes of vessels, and the rooms of the sick. It prevents the fetid smell from dead bodies previous to burial, and such as are disinterred for judicial investigation; also the fetid effluvia from dirty clothes. Chloride of lime immediately destroys the offensive smell from any source.

*Method of using it.*—The method of using it is very simple. A little of it may be placed in a saucepan, and kept in any place where there is contagion, or any disagreeable effluvia whatever; or the apartments may be sprinkled with the article. The fetid smell which arises from the excrements of the sick, or any other exhalation, is immediately destroyed by the sprinkling of a small quantity in the room. As a means of removing the sources of disease in cities and villages, chloride of lime demands the attention of the guardians of the public health.

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## CHAPTER XII.

I shall conclude the different chapters on health and longevity by introducing one or two anecdotes:

A very aged man was called into court as an evidence. The judge being struck with the advanced age of the witness, asked him how he had lived to be such an old man. He replied in the following language:

“Wine and women I always refused,  
Late hours I never used;  
I kept my head and feet from cold,  
And that is the reason I am so old.”

## BOERHAVE.

This celebrated physician and scholar ordered in his will that all his books and manuscripts should be burnt, one large volume with silver clasps excepted. The physical people flocked to Leydon, entreating his executors to destroy his will. The effects were sold. A German Count, convinced that the great gilt book contained the whole arcanum of physick, bought it for ten thousand gilders. It was all blank but the first page, on which was written: "Keep the head cool, the feet warm, and the body open, and then bid defiance to the physician."

## HINTS TO TRAVELLERS IN HEALTH.

The sudden changes of weather, which so particularly characterize the climate of the United States, render a supply of flannel to be worn next the skin a matter of much consequence to the health and comfort of the traveller, who is more exposed than others to the morning and evening damps, as well as the meridian heat.

## FLANNEL.

As a general preservative to health, we know of no habit more valuable than this; the disagreeable irritation of the skin it occasions at first, soon wears off, and it then becomes pleasant. The objections to it during the summer months, are more specious than solid.

## MEDICINES.

A phial of third preparation of Lobelia, one of No. 6, Cholera Syrup, and a small package of Lobelia, African Pepper, and Composition, should always have a corner in every traveller's trunk: they take up but little room, and should he proceed without them, a few days, perhaps hours, may give him serious cause to regret it.

While in a high, healthy country, there is no absolute necessity, for observing the following rules, which become in-

dispensable while in a low, marshy, and consequently a sickly one. *Never leave your sleeping place in the morning, until the fog and damp have been dispersed by the sun;* if, however, you are not master of your own movements, and cannot avoid it, always endeavour to have a cup of coffee and a crust of bread before you set out: this can generally be had by speaking to the landlord the preceding evening. By these means, the stomach will be fortified, and one great avenue to disease be blocked up.

#### BEDS.

To mention the propriety of examining *closely*, the beds you are to sleep in, may at first sight seem superfluous, to say nothing more of it. It is not, however, the refreshing luxury of clean sheets, that it is the principal inducement to caution, but the great risk you run of contracting disorders by sleeping in dirty ones. Many troublesome and disgusting diseases of the skin are communicated in this way, without any idea being entertained of their origin. For our part, a great coat and a clean plank, a sofa, or three chairs, would be preferred to running any risk whatever.

#### WATER.

Change of water is very apt to produce some little disturbance in the bowels, and this, to a stranger, is one of the sure marks of being in a lime-stone country. If it act gently, it need not be minded, if otherwise, mix a little ginger syrup, No 6, or essence of mint, or omit the use of it altogether for a few days, when it may gradually be resumed; in this way, its effects are diminished.

#### NIGHT AIR.

Before retiring to rest, be careful to close your windows. One of the most fruitful sources of sickness, is found in the night air, that is generally damp, and loaded with poisonous vapours, and which, from the relaxed state of the body dur-

ing sleep, is more apt than at any other time to produce the most mischievous effects.

Never let false delicacy, or any other cause, prevent you from emptying the bladder as often as you feel the inclination: a painful and lingering, sometimes an incurable disease arises from neglecting this call of nature.

#### HINTS TO INVALIDS TRAVELLING.

Although the preceding directions apply to all travellers, they should be more particularly studied and observed by invalids who, while travelling by land, either for the restoration of their health, or from necessity, in stages or carriages, will find an advantage in observing the following rules:—

**RULE I.**—Never commence your journey in the morning until you have breakfasted and emptied the bowels, or endeavoured to do so. To obtain the wished for result, make it a regular practice to solicit the evacuation directly after your meal.

**RULE II.**—During the summer, never pursue your journey, if you can avoid it, in the heat of the day: it is better to borrow an hour or two from the morning, and one from the evening, than to risk the excitement liable to be produced by a broiling sun.

**RULE III.**—Make short stages; always remembering that exercise should never be pushed to fatigue;—the latter is as injurious as the former is beneficial.

**RULE IV.**—Be careful to have no ligatures about your body,—wear your cravat and garters loosely tied, and let all your clothing be easy. The flannel shirt is indispensable.

**RULE V.**—Always have an ample cloak in the carriage; early in the morning, and in the evening, even of summer days, you may find occasion to use it with pleasure and profit.

Always have a complete suit of winter clothing in your trunk, although you may be travelling in the month of July: if the weather becomes cool, on with your woollens, stockings included. Inattention to the simple rule of adapting



the clothing to the temperature of the air, in its extreme changes, kills hundreds yearly.

**RULE VI.**—Never hesitate a moment to comply with the calls of nature: much mischief is occasioned by deferring these evacuations. It is better to be accused of a want of delicacy, than to have a suppression of urine, or a fever and headache.

**RULE VII.**—This is the golden rule, and is of high authority. *Keep your body open, your feet dry and warm, and your head cool.*

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## PART SECOND.

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### PRACTICE OF MEDICINE.

#### THOMSONIAN THEORY OR UNIT OF DISEASE.

Dr. Thomson's principles of disease are, that all complaints originate, directly or indirectly, from the same cause. That cause produces derangement of the fluids of the body, and that form of disease for which the body appears best adapted. The taking of cold, or loss of vitality from indigestion, over-eating or drinking, or any other derangement of the functions of the body, are the causes which create an inability to throw an active and healthy circulation to the lower extremities, in such quantity and quality as is necessary to carry on perspiration, and a free and easy circulation throughout the system.

Vitality being thus reduced, is not capable of keeping the feet from being cold from absence of heat, which in turn contracts the blood vessels in the lower extremities, and forces the quantity of blood that is necessary for their support, to the head, the side, upon the lungs, or to that part of the system best adapted for the purpose; thus the head, or the part upon which the cold or disease settles, has not only the requisite quantity of circulation, but that of the feet also, which creates distress, in consequence of the over distension of the vessels, and disease is the result.

The name of the disease is derived from the part where the greatest distress, pressure, or distension of the blood vessels has been experienced, for the want of a suitable circulation in the feet; thus affording relief to those parts that have experienced the shock by full blood vessels in the feet. If the cold settles upon the lungs, it is consumption, or inflammation of the lungs; if in the side, pleurisy; if in the head, headache; if in the bowels, cholic; if in the limbs, rheumatism; or if thrown to the surface, generally fever.

After all, these different forms and names of disease arose from the same cause: the derangement, in consequence of taking cold, or the loss of a portion of vitality. And they may all be removed, by restoring an equilibrium of the fluids through the body, and giving to every department its due proportion of warmth and perspiration. Remove the debility consequent upon the derangement or absence of heat, and the system assumes once more a healthy action. Each member then becomes obedient to the power that commands in that particular department; and order and regularity assume their appropriate control throughout the body.

**RULES TO BE OBSERVED BY THE PRACTITIONER IN THE  
TREATMENT OF DISEASE.**

1st. At the commencement of an attack of disease, the first thing to be brought to mind should be, what has caused the attack, and how should it be treated, and removed.

The "ways and means" cause much trouble and speculation with the patient, who should ever be alive to the best means for his future welfare.

2nd. One of the fundamental principles in the Thomsonian practice, is, that all disease originate from the same cause, directly or indirectly;—that is, from the deranged state of the fluids of the body, by the absence of heat, or the loss of vitality; which produces an over pressure or excess of circulation to the head, and a proportionate deficiency in the feet.

This creates derangement in the organs of sense, and a proportionate want of action with the digestive apparatus, by which the bowels become constipated, and the evacuations of the body are much obstructed, for want of the requisite action and equilibrium of the fluids, and the consequent order attendant upon such a state of things.

3rd. This derangement having been produced by the loss of vitality, or taking cold, and the consequent absence of heat at the lower extremities, and an excess at the head in the same degree, to bring about an equilibrium properly through the system, or to establish order where there is

naught but disorder, is what we wish. To restore warmth to the feet, and reduce the pressure upon the brain, by correcting digestion, promoting perspiration, and removing obstructions from the stomach, bowels, and their dependencies, is the proper mode to effect this object.

4th. The best method yet discovered, is a thorough Thomsonian course of medicine when properly administered, which creates a healthy circulating medium in the lower extremities, equal with that of the head, and thus produces order and regularity both in body and mind.

5th. The first knowledge with a practitioner should be to understand the principles or cause of derangement, disease, or loss of heat; and secondly, the proper course of treatment to bring the deranged parts to order by restoring the vitality, or heat, by the loss of which, the whole man has become diseased.

6th. There is no immediate danger in any case where the veins on the patient's hands and feet are full. This is the surest test by which a practitioner may determine whether or not his patient is doing well. Or a long and regular respiration will indicate the same state of the body, as well as a regular pulse.

#### TREATMENT OF DISEASE.

In all cases where the patient has little or no appetite, and is declining in health and strength for the want of support, simple treatment, such as tonics, stomachics and soothing medicines, ought to be used; but if they fail to answer the purpose, it is evident that the system is labouring under serious difficulties, and that the patient will not find relief until the obstructions are removed, perspiration made free, and digestion regulated. In such cases, the articles that afforded nourishment in health, produce excitement and irritation in the stomach, distress in the head, and a general derangement throughout the internal viscera, the arterial and nervous system, and a feverish excitement on the surface. To remove this, we point out the following plain and simple mode by which all curable forms of disease may be treated successfully, and the patient restored to health. There is



no danger attending the operation of the medicines as in the regular practice. Therefore, if one course of medicine is given more than was actually necessary, no injury will result to the patient, and the time and medicine is all that is lost. How important, then, that thorough treatment should be observed, when so momentous an object as the life and health of the patient is concerned.

## TO BE REMEMBERED.

In all cases where there is inflammation or a concentration of febrile excitement to any particular point, for instance, a sprained joint, distress in the head, inflammation of the stomach and bowels, &c., the course of medicine will remove the obstruction by equalizing the fluids throughout the system, by which means the patient will find immediate relief, thus confirming the principle of the *unit* of disease. If such concentration of excitement be caused by morbid matter being received into the system by means of a foetid atmosphere, bad food or putrid water, one course may not be sufficient to exclude all the morbid poison from the secretory vessels, the evidence of which will be the want of an appetite, sickness at the stomach, weakness in the limbs, and a febrile excitement. If so, courses should be repeated at suitable periods of time, until these symptoms pass away, and by the circulation through the body being equalized, a healthy action is restored, the appetite becomes good, the digestive organs perform their natural functions, and the sleep is quiet. Courses of medicine may be successfully employed to remove distress and ease pain, and to make the patient comfortable in all cases of whitlows, felons, biles, bruises, or any other excessive inflammatory concentration of the fluids of the body, where relief cannot be found from any other course of treatment. First, soak the affected part in lye made of hard wood ashes; then apply a poultice made of flax seed, or yellow lily, or made of bread and milk, which should be kept moist under the operation of the course. This will relieve the distress and bring the sore to a crisis, and is perhaps the surest way to relieve the patient. It is expected that all simple means

will be tried before the course is resorted to. It should be remembered that all diseases are brought on by derangement of the fluids of the body, and that all diseases can be cured by restoring order and regularity to said fluids. Courses of medicine will effect this, if properly administered and attended to in season. Where there is distress there is disorder and a derangement of the fluids, and consequently a restoration of order and an equalization in the system will afford relief.

In reading this work, do not forget this important principle, that all diseases herein mentioned are brought about by taking cold, or the loss of animal warmth. And that the name of the complaint depends upon what part of the body has become so weak as to be affected. If the lungs, it is consumption; or the pleura, pleurisy; if the limbs, it is rheumatism; or the bowels, cholic or cholera morbus.

But after all, these different diseases are caused by the partial loss of vitality or warmth, and all may be removed by a restoration of the vital energy, and removing the obstructions which the disease has generated. It is thought by some, that unless the physician know the name which has been given to the disease by others, he cannot treat it successfully. If he cannot readily call to mind the variety of names so profusely lavished by the regular physicians upon the different forms of disease, it will not prevent his medicine from having a beneficial effect, nor prove that the physician has not valuable practical knowledge, which is, after all, the true philosopher's stone, of which the patient is in pursuit.

Is it right to infer, that because a man cannot command all the names that have been written by other people, as liable to err, and as frail as himself, that he cannot by practice, know the use of medicine, or the nature of disease: or because he cannot give the respective bones, muscles, ligaments and vessels of the body their appropriate names, he cannot cure the cholic or dysentery.

When our pilgrim fathers landed at Plymouth, the aborigines brought them long golden ears, of a vegetable substance, which they had never seen or heard of before, neither had the great or learned men of their father land, and

we are told that they were kept from starvation; were nourished and rendered comfortable through a long dreary winter by the support this vegetable substance afforded, furnished by illiterate savages.

Now shall we deny that these people were nourished and supported by this valuable plant, because they did not know that it was Indian Corn, and because it was furnished by those illiterate savages, who knew not the meaning of a diploma, and had no knowledge of the Greek or Latin languages? Impossible!! The virtues and nutriment were in the corn, and the true science in the matter was in having the knowledge of it. In this respect, the savages were scientific, and the pilgrims were the quacks, notwithstanding their boasted knowledge in other respects. Give us more practical knowledge, and less theorizing; more of true science and less speculation. To remove the infirmities of our fellow men, give us more innocent vegetable substances, and less poisons: then shall we be led to rejoice over the bounties of Providence, in filling the soil with innocent remedies that the poor suffering sons of humanity may there find an antidote for every bodily ill.

#### DIRECTIONS FOR EQUALIZING THE CIRCULATION

*Throughout the System, which must be done in all Cases of Disease, to Restore the Patient to Health.*

In the first place, put the feet of the patient into water as hot as can be borne; increase the heat by adding water of a higher temperature, until a copious perspiration is started on the forehead, and in the palms of the hands; the patient may be in the bath if thought necessary; this will afford some relief. Then take brown emetic, cayenne, composition, and nerve powder, of each, one teaspoonful, put them into one pint of boiling water, and let them steep for ten minutes; sweeten with molasses, and let half the quantity be given as an injection, as hot as it can be borne, and let the patient retain it as long as possible. This will turn the excitement from the head, downwards, and sickness at the stomach will be produced. Then give a table-spoonful

of the tincture of lobelia, and a small quantity of cayenne, in some simple tea, and if this does not produce sufficient vomiting, repeat the dose.

The vomiting will be easy, the veins in the hands and feet will be filled; the head, in consequence of the equalization of the circulation, will be relieved, and the whole system will become quiet and easy.

Let these directions be strictly followed, and by so doing, we hesitate not to say, that three-fourths of the attacks of disease, such as cholic, dysentery, quinzy, croup, pleurisy, head-ache, liver-complaint, &c., might immediately find relief. Let every practitioner lay up these remarks as valuable truths, to be observed in attempting to afford relief, or perform a cure.

Order must be brought about in the body by an equalization of the fluids, and it matters but little how that is effected—whether by a course of medicine, steaming, bathing the feet in hot water, an emetic, hot medicines, or any other course which will effect this relief on the system. To accomplish this successfully in the greatest number of cases, is what constitutes the eminent physician.

#### FOOD FOR THE SICK.

When the stomach is much disordered, solid food digests very imperfectly, if at all, and on this account, light nourishing broths, liquids, vegetable jellies, and other similar preparations should be used, until the digestive powers are re-established. The following receipts will serve as a guide to those who have charge of the sick.

*Milk Porridge.*—Take two table spoonsful of wheat flour, and beat it into a paste with cold water; pour this gradually into a quart of boiling water; season with salt, continue the boiling a few minutes, skim, and pour in a tea-cupful of milk, slowly, just as you are about to take it from the fire. This is better for the sick than when it is made very rich with milk; and if the digestive organs are extremely feeble, the quantity of flour may be reduced one half. It is strengthening to the stomach, and may be freely given during a course of medicine, especially just after



vomiting. It is generally relished by patients, and may be sweetened to suit the taste. The addition of black pepper, or cayenne, renders it still more beneficial. If the *unbolted wheat meal* can be obtained, it should be substituted for fine flour, particularly if the bowels are in a languid or torpid condition.

*Beef Tea.*—Fill a quart porter bottle two-thirds full of warm water, and put into it half a pound of fresh lean beef, cut into thin slices; place the bottle in a kettle of boiling water, and let it remain for three-quarters of an hour, when the liquid may be poured off, and more water added to extract the remaining strength of the meat. This tea, seasoned with pepper and salt, and administered warm, is strengthening to a weak patient; and in the exhaustion attendant on bilious, scarlet, or typhus fever, may be used with benefit.

*Wine Whey.*—Put a pint of new milk into a vessel over the fire; as soon as it begins to boil, dash in two wine glassfuls of Muscat or Greek wine, and take the vessel off. The whey, which will separate from the curd, may be sweetened with loaf sugar and flavored with any of the spices. This is a gentle stimulant, useful in debility and recovery from long sickness. The wines mentioned are preferable to either Sherry or Madeira, because they contain less alcohol.

*Unbolted Wheat Meal Gruel.*—Take a table spoonful of the meal and beat it into a paste with cold water; add salt to the taste, and stir it slowly into a pint of boiling water; continue the boiling four or five minutes, and skim milk may be added, if desirable, as in the directions for milk porridge. This is highly useful in dyspepsia, costiveness, and all cases of a weak or languid state of the digestive organs. It may be given also, during a course of medicine, and is preferable to the porridge made with superfine flour.

*Oat Meal Gruel.*—Take three table spoonsful of oat meal, a quart of water, and a handful of raisins; simmer over a slow fire for two or three hours, keeping the vessel covered. This is soothing to the bowels, and useful in diarrhoea, and dysentery.

*Indian Meal.*—Boil a quart of water, add a little salt, and stir in two table spoonsful of the meal, as in making mush or hasty pudding. Boil it fifteen or twenty minutes, and add any desirable quantity of milk. This gruel is not only good for the sick, but may be used instead of tea or coffee. It will answer very well without milk.

*Sago Gruel.*—Stir two table spoonsful of pearl sago into a pint of boiling water, and season with salt to suit the taste. Boil until it is converted into a thickish jelly, which will be in ten or fifteen minutes. It may be sweetened with sugar if the patient desires. This is soothing and grateful in irritation of the stomach.

*Crust Coffee.*—Toast two or three slices of unbolted wheat bread until they are brown and hard; put them into boiling water, with sugar and milk; continue the boiling five or six minutes, by which time the coffee will be fit for use. This is a nourishing and delicious beverage, but rather too rich for the sick.

*Rice Coffee.*—Burn rice as you do coffee, and reduce it to a powder; take a heaping tea spoonful of this, and add half a tea cupful of boiling water; when settled, pour off the coffee, and sweeten with sugar. Used as a medicine, this is a dose for an infant. For an adult, a table spoonful of the powder may be added to a tea cupful of water. It is pleasant to the taste, and somewhat astringent. It is beneficial in acidity of the stomach, and the bowel complaints of children, gradually diminishing the discharges and rendering them less green and sour. It is better to use a strong infusion of the coffee, than to dilute it, and administer a larger quantity.

*Slippery Elm and Milk.*—Beat a tea spoonful of powdered elm bark into a paste, with water, adding a small portion of salt, and stir it into a pint of milk just beginning to boil. Take the milk from the fire, and continue the stirring two or three minutes, until the elm is dissolved. This is very useful in diarrhoea, and the bowel complaints of children. It affords a nourishing diet for infants, weaned from the breast, and renders them fat and healthy. If the infant is very young, the milk should be diluted with one third water.

*Tapioca Jelly.*—Pick the tapioca clean, soak it five or six hours in water, and spread it in a broad dish, pouring on additional water until it covers the tapioca an inch in depth. Simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is easy of digestion. It may be eaten with sugar and milk. Weak patients should begin with jelly quite fluid, and as they gain strength, it may be taken a little more solid. If milk disagrees with the individual it should be omitted.

*Arrow Root Jelly.*—This is made by mixing half a tea spoonful of arrow root, with a tea cupful of boiling water. Season with nutmeg and loaf sugar. This sits lightly on the stomach, and is very good for children. Some are in the habit of boiling the arrow root four or five minutes. Half a table spoonful of cream, added to a tea cupful of the jelly, while hot, makes it much more acceptable to children, who have been accustomed to milk.

*Rice Jelly.*—Take a quarter of a pound of ground rice, and double the quantity of loaf sugar; boil them in a suitable quantity of water, until the whole has acquired a proper consistence. The jelly may be eaten with sugar and milk.

*Slippery Elm Custard.*—Put a tea spoonful of slippery elm, two of loaf sugar, and a small portion of cinnamon into a tea cup, and fill it nearly full of boiling water. Stir for four or five minutes, till a thick jelly is formed. Wine and a little nutmeg may be added, if desirable. This is good for consumptive people, and all persons in a weak condition of body.

*Blanc Mange.*—Wash half an ounce of Irish moss in water as hot as the hand can bear until it becomes slimy, and rinse it in water about blood heat; add the moss, together with two lemon peels, cut into thin slices, and a small portion of salt, to a quart of milk; put these ingredients over a slow fire, and stir constantly until the liquid becomes of the consistence of thick cream, taking care, that it does not boil; strain through a cloth, or fine seive, and pour it into moulds or cups to harden, previously dipping them into cold water. Instead of the lemon peel, it may be flavored with “Preston’s Extract of Lemon,” adding three-quarters

of a table spoonful of it after straining. The blanc mange is turned upon a plate, and eaten with sugar and milk. It may be made with water, instead of milk, and in this form is relished by many, when the stomach is too irritable to bear other kinds of food.

#### DOSE OF MEDICINES.

As the medicines recommended in this work are free from any deleterious properties, the same precision is not requisite with regard to the dose, as when poisonous drugs are employed. Remedies which act in harmony with the vital principle, are incapable of doing injury, if administered with common judgment, or prudence, and a slight error in the quantity of a dose, therefore, or the mistake of one article for another, is not accompanied with fatal consequences, as happens so frequently in the practice of the diplomatised physicians. It is necessary, notwithstanding, that we should be governed by some general rules, for the dose of medicines is varied according to age, sex, temperament, habit, peculiarities in diet, and other circumstances. The following table is a general outline of doses proportioned to the age, though instances may occur in which it will be necessary to depart from this standard.

If the dose for an adult is one tea spoonful,  
A youth twelve years old may take half of a tea spoonful;  
A child six years old one-third of a tea spoonful,  
And an infant a year old one-tenth of a tea spoonful.

In determining the quantity of medicine for a dose, we must be satisfied that it is perfectly pure. Cayenne, for example is often adulterated with worthless bark, or Indian meal, and of course its strength is considerably diminished. The same remark is applicable to many other medicines, which are adulterated in a great variety of ways. Women from their greater sensibility, or habits of life, generally require a smaller dose, than men. Persons of a sanguine temperament are more easily affected by medicine than the cold or phlegmatic.

There are many peculiarities and circumstances which control the action of medicines. Vegetable eaters do not



require half as much medicine as those who indulge freely in animal food. We have tested this matter in repeated instances, and have been astonished at the effect produced by small doses. Those who avoid ardent spirits, do not require as much medicine as the intemperate. If the brain is affected, as in the delirium of typhus fever, medicine is very tardy in its operation. It is slow to produce the desired effect; also, where the stomach and intestines are lined with false membrane, as is always the case with those who have been drugged with the poisons of the medical faculty.

## VAPOR BATH.

The vapor bath has been extensively used in many of the European countries for several centuries. It is said that the Finlanders will remain for half an hour in vapor at 167 degrees of Fahrenheit, and then pass immediately into the freezing air, without experiencing the slightest inconvenience. Dr. Bell, in his work on baths observes, that if travellers happen to arrive at the villages of these people, while they are engaged in bathing, they will go at once to assist in taking care of the horses, without any covering whatever, while the strangers, notwithstanding they are wrapped in furs, sit shivering in the cold.

The Russians make use of the vapor bath at least once a week, and sometimes much oftener. They vary the temperature from 120 to 160 degrees; and remain in the bath an hour or two, when they let down a shower of cold water upon them from the ceiling, by means of a cord and valve. This, says Dr. Traill, in his account of the Russian vapor bath, is highly exhilarating and refreshing.

The Russians are in the habit of leaving the vapor bath while in a profuse perspiration, and rolling in the snow; or if a river happens to be near, they will plunge into it, entirely regardless of the severity of the weather. Instead of being injured by this practice, they are rendered more vigorous and healthy; and it cannot be denied, that they are more free from rheumatism and consumption than the people of more highly favored climates.

The North American Indians are well acquainted with the effects of the vapor bath. Among the tribes on the Rocky Mountains, according to Lewis and Clarke, it is very uncommon for a man to bathe alone; he is generally accompanied by one, or sometimes several of his friends or acquaintances: indeed, it is so essentially a social enjoyment, that to decline going into the bath when invited by a friend, is one of the highest indignities that can be offered. The frontier Indians construct a bath by bending willows over at the top, and covering them with skins. The patient sits in this, until, by means of heated stones and water, he has perspired sufficiently. These baths are almost universally in the neighborhood of streams, into which the Indians plunge immediately on coming out of the vapor bath; and sometimes they subject themselves to a second perspiration. The bath is employed either for pleasure or health, and is used indiscriminately as a remedy in all kinds of disease.

Major Long, who made an expedition to the Rocky Mountains subsequent to the time of Lewis and Clarke, informs us, also, that the Indian sweating baths, as he terms them, are in high repute for the cure of many disorders. He remarks, that they are generally constructed near the edge of a water course, and formed of pliant branches of trees, stuck into the ground in a circle, bent over at the top, and covered in every part with bison ropes. Some of them contain only one person, and others four or five. The invalid enters with a kettle of water and some heated stones, on which the water is sprinkled until the requisite degree of steam is produced. When it is thought that the perspiration is sufficiently profuse, the patient is taken out and plunged into the water, previously breaking the ice, if the stream is frozen. He is not subjected a second time to the action of the steam, but covers himself with his robe and returns home.

Lewis and Clarke mention a remarkable cure which was performed with the vapor bath during their expedition. One of their men had so great a weakness in his loins, that he could not walk, nor even sit upright, without extreme pain. They exhausted the resources of their art

upon him, in vain; and at length, at the suggestion of an Indian hunter, and the request of the patient himself, they placed him in a vapor bath, with the steam as hot as it could be borne. In twenty minutes he was taken out, plunged twice in rapid succession into cold water, and returned to the bath. During all this time he drank copiously of horse-mint tea. At the end of three-quarters of an hour he was again withdrawn, carefully wrapped, and suffered to cool gradually.

The morning after the operation he was able to walk, and was nearly free from pain.

An Indian chief, of considerable rank, who had lost the use of his limbs, was brought to Lewis and Clarke in a canoe, for the purpose of being cured. They attempted to sweat him, but he was too weak to sit in the bath; they advised him to go home, undergo frequent perspirations in a sweating-house, and drink large quantities of horse-mint tea. The Indians, however, who accompanied the chief, were so anxious to have the operation of sweating performed under the inspection of Lewis and Clarke, that the latter determined to make a second attempt. This they accordingly did, and a moderate perspiration was produced. The next day the chief was able to use his arms, felt better than he had done for many months, and sat up the greater part of the time. The day following he found himself rapidly recovering, having strength sufficient to wash his face, for the first time during a twelvemonth. The sweating was not repeated on account of the rainy weather. The succeeding day, however, a profuse perspiration was induced, and the patient was able to move one of his legs and thighs, and some of his toes, the fingers and arms having been nearly restored to their original pliancy. From this period, he gradually recovered his health and the use of his limbs. These facts go to show that the vapor bath, whether employed in the wilderness, among savage tribes, or in the civilized and polished circles of society, is a friend to the afflicted, and exercises a renovating and most salutary influence.

Some of the Indian tribes reverse the order of bathing, as it is practised among the whites at the present day, and

conclude with the warm instead of the cold bath. We are informed by Lewis and Clarke, that their expedition encamped near the warm springs, along the ridges of the Rocky Mountains, and that the Indians formed one of these into a bath, which was so hot that Captain Lewis could not remain in it more than nineteen minutes. The Indians went into the bath thus constructed, continued as long as they could bear the heat, and then plunged into a stream, which was at that time of an icy coldness. They would repeat the process several times a day, and it is worthy of remark that they always terminated with the warm bath.

The diplomatized physicians have used their utmost endeavors to bring the vapor bath into disrepute; but notwithstanding their gross and flagrant misrepresentations, it has gradually won its way to public favor; and there is now abundant evidence to satisfy the unprejudiced mind, that it is an invaluable agent in the treatment of disease. Many distinguished writers, also, have spoken of it in terms of high commendation. Dr. Combe, in his work on Physiology, remarks: "The vapor bath is attended by the very best effects, particularly in chronic ailments; and there can be no question that its action is chiefly on the skin, and through that medium on the nervous system. As a means of determining to the surface, promoting cutaneous exhalation and equalizing the circulation, it is second to no remedy now in use; and consequently, in a variety of affections which this process is calculated to relieve, it may be employed with every prospect of advantage."

"Of all Turkish remedies," says Dr. Madden, "the vapor bath is the first and most efficacious in rheumatic and cuticular diseases. I have seen them removed in one fourth part of the time in which they are commonly cured with us. As a luxury, we cannot better describe it than in the words of Sir John Sinclair, 'If life be nothing but a brief succession of our ideas, the rapidity with which they now pass through the mind would induce one to believe, that in the few short minutes he has spent in the bath, he has lived a number of years.'"

Major Skinner, in his adventures in the east, says, "one of the most pleasing effects of the vapor bath, is the marble



like polish which it imparts to the skin ; there is the consciousness too, that among the many impurities of an eastern city, you can bid defiance to them all."

The 'Eclectic Journal of Medicine,' published in connection with the 'Select Medical Library,' contains a review of a work on baths, in which the writer says, "to the war between Napoleon and Russia is western Europe indebted, if for nothing else, to the introduction of vapor baths. Russian soldiers having constructed them in the north of Prussia, some of the Prussian physicians were induced to observe the effects of this new fashion of bathing. They soon found that it cured various diseases, such as rheumatism and cutaneous and nervous affections, and were not slow in giving it notoriety throughout Germany, by means of various publications. The king of Prussia caused a bath to be constructed at his palace ; and in 1818 the Princess Marianne, sister-in-law of this sovereign, was present at the opening of the first public vapor bath in Berlin, and allowed it to receive her name."

Doctors Reil, Schmidt and Mangold, Prussian physicians, are cited by the author of the work in question, in confirmation of the safety of vapor baths as a luxury, and of their efficacy in the removal of disease. Doctor Schmidt says, his own son, not quite six years old, is never happier than in the enjoyment of a vapor bath, and adds that this mode of bathing is as beneficial to subjects in advanced age, as to those in early childhood.

The same writer remarks, "the vapor bath may be used with decided advantage in all seasons, as it is in Russia and other countries in Asia. It is a vulgar error, contradicted by general experience, to suppose that vapor, or warm bathing, in general, is contra-indicated in winter, as disposing those who bathe to contract colds."

The remark of Darwin, that the warm bath is serviceable in retarding the advances of age, is still more applicable to the vapor bath, the latter having a remarkably invigorating effect on the old and infirm.

Mungo Park, in allusion to the Mandingoes, says : "on the first attack of a fever, when the patient complains of cold, he is frequently placed in a sort of vapor bath, which

commonly produces a profuse perspiration, and wonderfully relieves the sufferer. Assalina, an Italian physician, published a work on vapor bathing in 1820, in which he detailed its advantages in the treatment of many diseases. He introduced portable vapor baths into common use in Munich, and invented an apparatus by which he was enabled to apply vapor to the eyes, ears, lungs, the breasts of females, and other parts that were in a state of inflammation. The application of vapor to swelled breasts, he found of the most essential service.

The vapor bath imparts its caloric to the blood, and in a low or feeble state of the body, renders the circulation more active and vigorous. The principle upon which it accomplishes this, has been admirably explained by Magendie. He has quoted the experiments of an eminent philosopher to prove that the movement of a fluid through a tube is rapid in proportion to its temperature. Cold water was injected into the artery of a dog, which returned by the corresponding vein in a specified time; the same quantity of lukewarm water returned eighteen times quicker; and hot water returned thirty two times quicker than the lukewarm. The inference of Magendie was, that the circulation of the blood is feeble in proportion as it sinks below the natural standard, but when the vapor bath is employed, its heat or caloric is communicated to the blood, as may be ascertained by placing a thermometer under the tongue, and the circulation becomes active in every part of the body. He observes, that cold damp weather is sure to bring on fits of suffocation in persons with diseases of the heart, but if the atmospheric temperature undergoes a trifling rise, the circulation becomes freer, and the unpleasant symptoms disappear. The sufferers themselves, he continues, are so perfectly conscious of this, that, when you prescribe for them, they will tell you that a little sunshine would do them infinitely more good than all your drugs.

It is frequently said by the opponents of the vapor bath, that it occasions debility. There does not appear to be any ground, however, for this conclusion. The perspirable fluid consists principally of the serum or watery portion of the blood, which is incapable of nourishing the body,

and which is speedily replaced either by drinks taken into the stomach, or by cutaneous absorption of the vapor itself. The loss of this fluid, therefore, abstractly considered, cannot be regarded as a cause of debility, or we should find the labouring man, who perspires freely from morning till night, becoming weak and emaciated. We expect different results from blood-letting, because in this, the rich or nutritious part of the blood is withdrawn as well as its serous or watery portion, and the system languishes for the want of its appropriate nourishment. We have yet to learn, however, that debility will ensue from perspiration produced by the vapor bath, independent of a diseased or morbid condition of the body. For example, we know that in fever, or inflammation, there is a sort of fictitious strength, which disappears when the disease is subdued, and leaves the patient in a state of languor or debility. Now the vapor bath, from its tendency to equalize the circulation, is a powerful agent in subduing fever, or inflammation, and may thereby in an indirect manner, prove a source of debility. Perspiration of itself, however unconnected with disease, does not appear to exercise a depressing influence, or the Russians, Finlanders, Turks, and North American Indians, who make such free use of the bath, would be the most feeble and emaciated people in the world.

Doctor Trail in his description of the Russian vapor bath, to which we have already alluded, conveys the impression, that although it may occasion a free perspiration, it does not produce debility. He went into the bath himself, accompanied by some friends, and remarks, "In the corner opposite to the furnace is a reservoir of cold water, into which, during our stay in the bath, the person who manages it frequently plunged to cool his surface, a precaution not unnecessary for an individual who is exposed eight hours daily, stark naked, to a temperature quite oppressive to the uninitiated. Yet this exposure and alternation, cannot be unhealthy, for I never saw a more athletic man than this person, who informed me that he had been constantly engaged in his occupation for sixteen or eighteen months."



Doctor Combe, the Physiologist, in canvassing the subject of the vapor bath, says, "The prevalent fear of catching cold, which deters many from using the vapor bath, even more than from warm bathing, is founded on a false analogy between its effects and those of a profuse perspiration from severe exercise or illness.

The latter weakens the body, and by diminishing the power of reaction, renders it susceptible of injury from sudden changes of temperature. But the effect of the vapor bath properly administered is very different. When not too warm, or too long continued, it increases instead of exhausting the strength, and by exciting the vital action of the skin, gives rise to a power of reaction which enables it to resist cold better than before."

*Uses of the Vapor Bath.*—The fact that two-thirds of our food and drink pass out of the body through the pores, as already stated, leaving only one third to be discharged through other channels, is sufficient evidence of the value of the vapor bath as a remedial agent. It determines the blood to the surface of the body, warms and invigorates the whole system, and produces a healthy, natural perspiration, which serves to convey from the circulating fluid the various impurities with which it is loaded. There are many difficult cases in which a cure could not be effected without its agency. It should never be omitted, where the medicines, of themselves, are insufficient to produce a moist condition of the skin. It communicates a portion of its heat or caloric to the blood, rendering the circulation more active and vigorous, as previously stated, and it is on this account, that it possesses such wonderful efficacy in suspended animation, stupor, and the low stages of disease.

In cutaneous affections, and all febrile, or inflammatory attacks, the vapor bath is particularly serviceable—a few hours being sufficient, in conjunction with the stimulating medicines, to break up an ordinary fever. It diminishes swellings, relaxes inflamed parts, and allays pain and irritation. In stiffness of the joints it cannot be too highly praised. Administered previous to the cold stage of ague and fever, together with an injection, and a portion of cay-



enne and bayberry tea, it will sometimes prevent the paroxysm, or at least greatly diminish its violence. It has a soothing influence on the nerves, and is highly useful in restlessness, and wandering pains. Administered at bed time, it will generally produce a good night's rest. Employed in this way, it is also the best remedy with which we are acquainted, for the cold and exhausting night sweats which attend consumption. In hysteria, colic, cramps of the stomach, convulsions, croup, asthma, and pains of the bladder, or kidneys, it has been tested too frequently to need any recommendation here. A wiry or feeble pulse becomes full, soft, and regular, under its influence, and hence its value in inflammation of the lungs, or of any other internal organ; it invites the blood to the surface of the body, and thereby relieves the patient of his pains and sufferings. For the same reason, it is equally beneficial in diarrhoea and dysentery, and should not be omitted in these complaints, where the attacks are severe.

The excessive vomiting which takes place in cholera, and in some other diseases, is speedily checked by the vapor bath, together with a stimulating injection, and two or three doses of pepper sauce or cayenne tea. Sydenham observes, that he could not overcome the vomiting in plague, excepting by external means, applied to produce a sweat or determination to the surface of the body.

Ulcers are greatly benefitted by the local application of vapor, two or three times a day, as it promotes a healthy action in the minute vessels, and disposes the parts to heal.

In falls, bruises, and all accidental injuries, the vapor bath is a sovereign remedy, and should be substituted for blood-letting, which only weakens the system, and retards the efforts of nature in repairing the injury. It should be used in conjunction with stimulating medicines, so as to keep a gentle perspiration, until the pain, soreness or inflammation abates. Tonics and nourishing food will then be sufficient to complete the cure.

Rheumatism appears to be one of those diseases over which the vapor bath exercises a sort of magical influence. We have known a single application of it, with a few doses of cayenne or composition, to effect a cure in

very obstinate cases, though, generally speaking, a few courses of medicine are required.

In suspended animation, the bath is a very important agent. It rarifies or lightens the air with which the patient is surrounded, and promotes a determination to the surface of the body, without which it would be impossible to revive the dormant powers of life. Humboldt says, that in ascending mountains, the heart beats violently, and the blood rushes forcibly into the vessels of the skin, in consequence of the diminished pressure of the atmosphere; and it is on this principle that we employ the vapor bath in suspended animation. The pressure of the atmosphere being diminished, the heart is enabled to propel the blood to the different parts of the body, which it could not do under other circumstances, and a restoration to life is the consequence. The usual mode of applying vapor in suspended animation, is to cover the patient with a quilt or blanket, and place a heated stone, wrapped in a damp cloth, at his feet, administering the third preparation of lobelia, or some other appropriate medicine. The vapor must be increased gradually, or the patient will be oppressed, and a recovery fail to take place. It is better to commence with a single stone, as directed, and increase the number as circumstances require.

The bath is an invaluable agent in reducing fractures and dislocations, and if sufficiently understood, would supersede the employment of force and pulleys. It relaxes the muscles, and produces a wonderful pliancy of the joints. Dr. Madden says, "I have trembled to see the Turks dislocate the wrist and shoulder joints, and reduce them in a moment." This they were enabled to do, by "twisting and kneading" their limbs in the vapor bath.

Instances occur in which the blood-vessels of the skin are so completely obstructed, that the bath cannot be used without considerable preparatory treatment. We give the following case, which is in point: The patient, a gentleman, had been for several months under the care of the routine physicians. Among other poisons, he had taken a large quantity of digitalis, and so little blood found its way to the surface, that he felt chilly in the hottest days of

summer. The bath could not be used, because it produced a violent determination to the head. Heated stones, wrapped in damp cloths, were placed about the patient, in bed, and composition tea, with a portion of lobelia, given in small and frequently repeated doses. By pursuing this treatment for three or four days, a free circulation was established, the chilliness disappeared, the skin became warm, and there was no difficulty in administering the vapor bath, together with a thorough course of medicine.

The frequent use of the bath is of great service to those who are much exposed to a very cold atmosphere. It keeps the circulation active, and preserves the warmth of the body. In Captain Parry's voyage to the north pole, it was used by several of the crew; and those who employed it previously to taking their stations on deck, could remain a much longer time than others who refused to avail themselves of its benefits.

There are many ladies in Philadelphia, and I believe in other cities, who now use the vapor bath to improve the complexion; and the velvet-like softness and healthful glow which it imparts to the skin, proves it to be the best cosmetic in the world.

The perspirable matter which is discharged in the bath, is sometimes very offensive, and is capable of communicating disease. The sick room should be well ventilated in such cases, and the utmost cleanliness observed in every respect.

In the application of vapor to the body, care should be observed that it is of a proper temperature. Generally speaking, the patient's feelings are a sufficient guide in this matter; but in case of a palsied limb, where there is but little sensibility, the skin is sometimes blistered by vapor at a comparatively low temperature. It is important, therefore, in cases of diminished vitality, as palsy, frosted limbs, and accidents, in which a principal nerve is divided, to graduate the temperature of the bath according to circumstances, wrapping the affected part in a damp or wet cloth, if this should be deemed necessary.

*Temperature of the Bath.*—This varies from 105 to 120 degrees, according to the feelings or condition of the pa-



tient. If the vapor is too hot, it can be let off. If the patient should become faint or languid during the operation, his face and breast should be wetted with cold water, as previously directed, or a tumbler full of cold water may be dashed over his person. This will immediately revive him, and prove refreshing and grateful. The patient should remain in the bath until a free perspiration ensues, which will generally be in fifteen or twenty minutes; and in the meantime should take one or two draughts of some stimulating tea, as ginger, composition or cayenne and bayberry, which will serve to keep a determination of blood to the surface of the body.

*Cold Shower.*—The vapor bath should always be followed by the cold shower, excepting where the patient is very feeble and chilly. Whatever may be said in opposition to this practice, it is based upon correct principles, and is productive of beneficial results. The momentary application of the water does not occasion a chill, but quickens the circulation, and causes the blood to flow in an increased quantity into the vessels of the skin, giving it warmth, fulness, and a bright, glowing color. Under these circumstances, the patient is much less liable to take cold, or to be injuriously affected by the atmosphere. The moment the shower is administered, he is refreshed and invigorated. We have seen that the Russians, and people of other nations, leave the vapor bath dripping with perspiration, and roll in the snow, or plunge into a river, previously breaking the ice. The truth is, the application of cold water would often prove injurious, without preceding it by the vapor bath; for, as Dr. Bell says, “the best means of supporting great cold, is to be previously subjected to high heat.”

Just before the shower strikes the body, the individual should take in a full inspiration; for the water, in its descent, forces away the air, and causes him to “catch his breath,” as it is termed. The moment he leaves the steam, he should be wrapped in a blanket, and rubbed briskly from head to foot, for several minutes, with a coarse towel. He may then dress himself, or return to bed, according to the state of his health. It is advisable, how-



ever, that invalids remain within doors for some hours after the bath, unless the weather is sufficiently mild and pleasant to admit of exercise in the open air, without the risk of becoming chilled.

The cold shower is never to be employed, unless there is sufficient vitality in the system to favor reaction—that is, a determination of blood to the surface of the body, giving the skin a ruddy, healthful color. Some persons do not become warm in the bath until it has been repeated a number of times, and under these circumstances, the shower would be manifestly improper. The same remark is applicable to the last stages of disease, where life is nearly extinct, and it is impossible to establish a permanent warmth of the skin.

With regard to the quantity of water to be employed, no precise rules can be given. A quart generally suffices, but in some instances a much larger quantity is used. If the patient is of a cold habit, the chill should be taken off; and in some cases it is better to dispense with the cold shower altogether, sprinkling a slight portion of cold water over him with the hand. We have known the good effects of a course of medicine to be entirely counteracted by the careless or injudicious use of the shower bath.

#### PREPARATION OF TEAS.

Teas should be prepared in a covered vessel, so as to procure them in their full strength. This is particularly necessary in making use of volatile or aromatic plants. A tea-pot is very convenient for the purpose, as the tea can be poured out without any admixture of the sediment. There is a prevalent opinion that it is better to swallow “grounds and all,” but no advantage can arise from this practice, if the medicine has been steeped a sufficient length of time to obtain its strength; and experience has satisfied us that the tough, woody or indigestible matter which constitutes the sediment, is sometimes injurious, particularly on dyspeptic affections, and a weak or irritable condition of the stomach. Volatile plants, such as *lobelia inflata*, the mints, golden rod, summer savory and

pennyroyal should never be boiled, or their active properties will be dissipated by the heat.

The terms infusion and decoction are applied to teas according to the mode in which they are prepared—that is, either by steeping or boiling. Common table tea is an example of the first, and coffee of the second.

*Composition Tea.*—Take of the powder a moderately heaped tea-spoonful; sugar double the quantity; mix them together, and add a tea-cupful of boiling water. Steep until the tea is cool enough to take. This is the ordinary dose.

*Cayenne and Bayberry Tea.*—Take cayenne half a tea-spoon-ful, bayberry double the quantity, and sugar to suit the taste. Add a tea-cupful of boiling water, and steep as directed above. This is more active than the composition, and should be substituted for it in violent and critical cases of disease.

*Tea of Spiced Bitters.*—Take of the powder a level tea-spoonful; sugar double or triple the quantity; mix, and add a tea-cupful of boiling water. Steep a sufficient length of time, and drink the tea.

*Nervine Tea.*—Take of scullcap, in powder, two tea-spoonsful; cayenne the eighth of a tea-spoonful; sugar three or four teaspoons-ful; boiling water a pint. Steep in a covered vessel until cool enough to use, and if desirable, add the essence of cinnamon, to give it a flavor. Keep the tea warm by the fire, and employ it as a drink. It is highly useful in all nervous affections; and while the patient is using it, he should avoid exposure to cold. If the scullcap cannot be procured, the lady's slipper may be substituted.

*Stimulating Tea.*—Take of cayenne, bayberry and scullcap, each, a tea-spoonful; green lobelia half a tea-spoonful; sugar seven or eight teaspoons-ful; boiling water a quart. Steep these in a covered vessel, and keep the tea warm by the fire. This is highly useful in sudden colds, nervous affections, pains in any part of the body, cramp, cholic, asthma, croup, diarrhœa, giddiness, tic dolooureux and hooping-cough. It has been found beneficial between courses of medicine, in the treatment of scarlet,

typhus and bilious fevers, as it tends to keep the skin moist, and of a natural temperature. If the tongue is dry or parched, the quantity of bayberry should be diminished, and that of cayenne increased. A tea-cupful of this tea may be given to an adult every hour or two, or it may be administered in the dose of a table-spoonful, and repeated more frequently. In the meantime, it is necessary to avoid exposure to a cold or chilly atmosphere, or the tendency to perspiration will be counteracted. The lobelia is not intended to occasion nausea, and the quantity, therefore, may be increased or diminished according to the peculiarities of the patient. In coughs and painful affections of the urinary organs, the tea should be rendered somewhat mucilaginous by the slippery elm.

*Diuretic Tea.*—Take of the poplar bark a tea-spoonful; juniper berries, bruised, a table-spoonful; cool wort a handful; boiling water a quart. Steep in a covered vessel, and sweeten to suit the taste. This is to be used as a drink, avoiding exposure to a damp or cold atmosphere. It is useful in strangury, gravel, and various difficulties of the urinary organs.

*Tea for Diarrhœa and Dysentery.*—Take of poplar bark a tea-spoonful; bayberry three tea-spoonsful; boiling water a pint. Steep, and sweeten to suit the taste. Take a tea-cupful at a dose, adding to it a table-spoonful of No. 6, and repeat every hour until a cure is effected. If the No. 6 is not at hand, half a tea-spoonful of cayenne may be added to each tea-cupful of the tea.

*Tea for Impurities of the Blood.*—Take of cayenne a tea-spoonful and a half; bayberry, poplar bark and the dust or powder of sumach berries, each a table-spoonful; meadow fern burrs, reduced to a powder, a table-spoonful and a half. Mix thoroughly, and take a tea-spoonful of the powder at a dose, steeping it in a tea-cupful of boiling water, and adding sugar or honey to suit the taste. The dose should be repeated two or three times a day. This is an excellent medicine in tetter, itch, jaundice, gout, scald-head, scurvy, scrofula, cutaneous eruptions, ill-conditioned sores, and all impurities of the blood. The quanti-

ty of cayenne may be increased, if the patient should consider it necessary.

*Tea for Worms.*—Take of bayberry half a tea-spoonful; balmony, two tea-spoonsful; boiling water, a pint; steep, and sweeten to the taste. This may be employed as a drink. It is used for jaundice, as well as worms.

*Ginger Tea.*—Take of ginger a large table-spoonful, and steep it in a pint of boiling water; sweeten with sugar, molasses, or honey. This is a pleasant and wholesome drink, particularly if milk be added to it, and is serviceable in flatulency, cramp in the stomach or bowels, and a cold or feeble state of the system.

*Slippery Elm.*—Take of powdered slippery elm and sugar, each a tea-spoonful; boiling water a pint; infuse until the elm is dissolved.

Elm tea is useful in a great variety of affections, as diarrhœa, dysentery, sore throat, and inflammation of the stomach, kidneys and bladder. It is soothing to the parts with which it comes in contact, and contains a large amount of nourishment.

*Pennyroyal Tea.*—Take of pennyroyal a handful; boiling water a pint; steep in a covered vessel, and sweeten with sugar.

This is useful in slight attacks of disease, and as a drink during a course of medicine.

#### MISCELLANEOUS REMEDIES.

*Cough Jelly.*—Take half a tea-spoonful of cayenne, a tea-spoonful of powdered elm, and two or three tea-spoonsful of loaf sugar; rub them together, and add a tea-cupful of hot bayberry tea; stir until a jelly is formed, and flavor with nutmeg, cinnamon, or lemon juice. A tea-spoonful may be taken whenever the cough is troublesome. It is a very convenient form of medicine for children.

*Alterative Mixture.*—Take of No. 6 and West India molasses, each, a table-spoonful; tincture of lobelia half a table-spoonsful; mix. The dose of this is a tea-spoonful, or more, repeated two or three times a day. This medicine is very useful in cutaneous diseases, biles, ill-condi-



tioned sores and mercurial salivation. It is beneficial in dyspepsia, also, and generally allays the unpleasant feelings which are experienced in the stomach after eating. The mixture may be given with great advantage to children with the rickets, and various chronic complaints.

*Soothing Drops.*—Take of warm water, sweetened, three tea-spoonful; tincture of lobelia eighteen or twenty drops. A tea-spoonful of this mixture will generally put a restless infant to sleep; but the dose may be repeated if necessary. The medicine is also useful in a harsh or dry cough.

*Compound for Children.*—Take of composition, spiced bitters, and slippery elm, each a tea-spoonful; cayenne half a tea-spoonful at a dose, repeating it three times a day. This is useful in coughs, loss of appetite, cutaneous diseases, and an impure state of the blood.

*Remedy for a Burn.*—Take of fir balsam a table-spoonful, more or less, and double the quantity of sweet oil. Spread this on a piece of fine linen, and apply it to a burn or scald, where the skin is off. It will generally effect a speedy cure.

*Sumach Wine.*—Make a tea of sumach berries, and sweeten it with sugar or honey. It has the color of wine, and an astringent, and pleasantly acid taste. It is used in the bowel complaints of children, and as a gargle in sore throat. It is also employed as a wash for ring-worms, tetters, and similar eruptions of the skin.

*Cayenne Simmered in Vinegar.*—Take of cayenne a tea-spoonful: vinegar a gill; simmer for four or five minutes. This is employed for bathing sprains, swellings, rheumatic joints, palsied limbs, and parts that have lost their sensibility. It is useful as an external application to the throat, in quinsy; to the side, in pleuritic affections; and to the abdomen, in swelling or tenderness of the bowels. A flannel may be saturated with it, and laid over the affected part, if the disease is severe or obstinate.

*Eye Waters.*—These are prepared in various ways, as will be seen by the subjoined directions: 1st. Take of pure cayenne a grain; infuse for twenty-four hours in a wine glassful of water, and filter. 2d. Take of cayenne, lobe-

lia, and bayberry, each half a grain; infuse as before in half a wine glassful of water, and filter. 3d. Take of raspberry, or witch hazel tea, free from sediment, and render it somewhat pungent by the addition of No. 6. These washes may all be used in affections of the eye, as dimness of vision, inflammation, and a secretion of purulent matter. In approaching blindness, the first and second are decidedly beneficial. They should always be used milk warm. If the eye contains lime dust, there is no better wash than equal parts of vinegar and water.

#### POULTICES.

Poultices are external applications intended to soften and relax the skin, allay pain and inflammation, hasten the discharge of matter from tumors or swellings, and cleanse offensive or ill conditioned sores. Some attention must be paid to the component parts of a poultice, or it will not answer the purpose designed. Astringents, for instance, have a tendency to dry the skin, and thereby retard the process of *suppuration*. In case of inordinate discharges, however, astringents, combined with other articles in a due proportion, are highly useful. In the country, poultices are usually made of bread and milk, but unless frequently changed, the milk becomes rancid and irritating. The poultice also dries in a very short time. If milk is used at all, it should be perfectly sweet.

There is probably nothing better for the body of a poultice than powdered slippery elm, as it is not only of a soothing nature, but continues moist a longer time than almost any other substance. A poultice should be renewed as soon as it becomes dry, which is generally in ten or twelve hours; and if much pain and inflammation are present, it should be wetted occasionally with cold water, which will allay the pain, and gradually subdue the inflammatory action.

Wounds, and raw, or ulcerated surfaces, should be thoroughly cleansed at each renewal of the poultice. This may be done by washing them with mild soapsuds, followed by a tea of bayberry, witch hazel, or pond lily. The two

latter are more soothing than the bayberry, and may be employed where the parts are very irritable.

A highly inflamed surface is benefitted by sprinkling it slightly with cayenne, finely powdered, previous to the application of a poultice. When the inflammation of a sore or wound, is subdued, and the matter all discharged, the poultices are to be discontinued, and the healing salve employed. Poultices containing lobelia, should not be applied to raw surfaces, for they generally occasion distressing nausea and vomiting. Where the skin is unbroken, however, as in hard or painful swellings, lobelia may be added with advantage.

*Elm and Ginger Poultice.*—Take of ginger one part; powdered slippery elm two parts; mix with hot water until of the proper consistence. For biles, carbuncles, felons, whitlow, and all painful swellings, a portion of cayenne should be added, as this will frequently allay the pain and soreness, and give rise to an agreeable sensation of warmth. If the skin is off, the cayenne must be omitted, and even the ginger, under such circumstances, must be dispensed with, or used in a very small quantity. In cases of this description, a simple elm poultice will be sufficient, mixing it with a tea of raspberry, or pennyroyal.

In the absence of slippery elm, pounded cracker or the crumb of bread may be used in making a poultice, and sometimes the elm and cracker are employed in equal parts.

*Indian Meal Poultice.*—Stir Indian meal into boiling water, until it is of the desired consistence. This forms an excellent emollient poultice, and with the addition of cayenne, lobelia, and No. 6, has been the means, in some instances, of dispersing cancers and scrofulous tumors.—Several weeks are generally required for this purpose, however, and in the meantime, appropriate remedies must be employed to restore the general health. The poultice may be applied with advantage to gouty feet, stiff, swelled and painful joints, and to the abdomen in colic, and some other affections of the bowels. The quantity of lobelia should not be so large that its absorption will be followed by sickness or vomiting.

*Poultice of the Dregs of No. 6.*—Take of the dregs one part, slippery elm two parts. Make into a poultice with hot water. This is a useful application to indolent or offensive sores, and parts that are approaching a state of mortification. Cayenne, or ginger may be added, if desirable. It should not be applied to biles, tumors, or swellings in which the formation of matter has commenced; for it draws the skin into wrinkles, and greatly retards the suppurative process.

*Carrot Poultice.*—Boil the carrots until they are sufficiently soft to form a poultice, and deprive them of their skins. This is of a soothing nature, and useful in irritable, or badly conditioned sores. If carrots cannot be obtained, potatoes, or turnips, boiled and mashed into a pulp, may be substituted.

*Yeast Poultice.*—Take of wheat flour a pound, and add half a pint of yeast. Expose the mixture to a gentle heat until it begins to rise. This form of poultice, says the 'United States Dispensatory,' is gently stimulant, and is sometimes applied with much benefit to foul and gangrenous ulcers, the fetor of which it corrects, while it is supposed to hasten the separation of the slough or dead part.

*Charcoal Poultice.*—Take wood charcoal red hot from the fire, and as soon as it ceases to burn, reduce it to a very fine powder; mix this with a poultice of slippery elm, or Indian meal. Charcoal, recently prepared, says Doctor Wood, has the property of absorbing and neutralizing those principles upon which the offensive odor of putrifying animal substances depends. The poultice, therefore, is highly beneficial in correcting the fetor of wounds and sores that are in an offensive or gangrenous state. It should be frequently renewed.

#### INJECTIONS OR ENEMAS.

These are liquid preparations, which are thrown into the rectum with a syringe. They are of great importance in the management of disease; and if properly prepared, will often effect a cure without any other treatment. A single injection has been known to arrest a vio-



lent fever, where it depended upon irritating matters in the bowels.

Professor Dewees remarks, "The value of enemata is only beginning to be appreciated in this country. They have had to contend against much prejudice to gain their present consideration. An injurious and fastidious delicacy has prevented their general employment, especially out of our cities; and it is only within a few years, even in our cities, that they have been looked upon as prompt and efficient remedial applications. For the good of the afflicted, we hope this prejudice will soon wear away, and that they will be looked upon as indispensable medical as well as domestic remedies."

Professor Dunglinson says, "Injections are invaluable agents, where the powers of life are so much reduced, that a rational fear is entertained as regards the administration of cathartics by the mouth."

Doctor Thomson, who has done much to render the use of injections popular in the United States, says they had better be used ten times unnecessarily, than to be omitted once where they are absolutely required.

Nutritious injections have been the means of sustaining life for a considerable time, where the individual was unable to swallow. Dr. Currie, in his work on Cold Water, relates a case in which the patient lived sixty days. The injections, in such cases, should consist of beef tea, or some other equally nutritious fluid.

Life is sometimes saved by the use of injections, when it is impossible to administer medicine by the mouth. An interesting case has been detailed, which is as follows: A man who had an ulcerated sore throat, and had not been able to swallow or speak for two days. An injection, composed of cayenne and bayberry tea, with half a teaspoonful of green lobelia, was administered, which had no effect. This was followed by a second and more powerful one, which occasioned nausea. In fifteen minutes, a third was given, which produced relaxation, and the patient vomited a considerable quantity of greenish matter, together with pure yellow bile. He continued to vomit at intervals for three or four hours, perspiring freely, but

without being able to swallow. His neck, meanwhile, was bathed repeatedly with strong No. 6. At length he fell asleep, and on awaking, which was not until the lapse of five or six hours, had the use of his voice. He was thirsty, and drank freely of ginger tea and milk porridge, from which time he speedily recovered.

Several cases of putrid sore throat have come under my observation, where the patients were unable to swallow; but by administering one or two injections, containing a tea-spoonful or more of green lobelia, the difficulty has been speedily removed.

Those who are opposed to depletion in all its forms, employ injections to evacuate the bowels instead of cathartics; and that they are entirely adequate to this purpose, there is no doubt. The innutritious part of the food, which is destined to be passed from the body by stool, passes through the small intestines in a comparatively fluid state, and is emptied into the lower or large intestines, where it acquires a more solid consistence, having been deprived of the greater part of its moisture by the intestinal absorbents. The large intestines are about six feet in length, and consist of three portions, denominated caecum, colon and rectum. The caecum is a kind of sac, about three inches long, in which the small intestines terminate with a valve. The colon forms the principal portion of the large intestines, ascending on the right side towards the liver, passing across the abdomen under the stomach, and descending on the left side, where it forms a convolution similar to the Roman letter S, called by anatomists the *sigmoid flexure*. Here the rectum commences, and descends to the anus or fundament, where it terminates. It will be seen, therefore, that an injection does not pass beyond the valve of the caecum, nor does it usually reach higher than the sigmoid flexure. This, however, is sufficient to evacuate the bowels; for it has been ascertained that the matter to be void by stool, accumulates within the sigmoid flexure, which is always within the reach of injections. The colon, excepting in rare cases, is not the seat of the accumulation; and even if it should be distended with alvine matter, from long continued costiveness, injections

would produce the desired effect; for the forcible contractions which they excite in the lower part of the intestinal tube, gradually extend to more remote parts, and the colon becomes at length completely evacuated. Injections are not only useful in emptying the bowels, but also make a prompt and decided impression upon the general system. They should be employed, therefore, in all dangerous or obstinate cases, and should never be dispensed with in apoplexy, hemorrhage, convulsions, inflammation of the brain, and low forms of disease. In affections of the bowels, as dysentery, colic, piles, tenesmus and worms, they afford prompt relief. In suspended animation, also, they are of great importance in rousing the dormant energies of life.

If the stomach is too irritable for the retention of medicine, it may be quieted in most cases by the use of injections, together with the vapor bath, which have the effect to restore a balance to the circulation.

Injections into the rectum exercise a powerful influence on the neighboring parts and organs, and hence they are of great value in stoppage of the urine, suppression of the menstrual evacuation, and inflammation of the womb, bladder, kidneys or bowels.

Lobelia added to an injection, in the quantity of a tea-spoonful of the powdered leaves or seeds, or a table-spoonful of the tincture, and repeated once or twice, will excite vomiting, but is usually followed by more or less prostration. On this account it is rarely given in this form with a view to its emetic operation, excepting where it would be obviously useful, as in dislocations, fractures, severe forms of croup, lock-jaw, strangulated hernia, deep-seated pains, violent inflammatory affections, and those cases in which it is desirable to produce general relaxation of the system. Worms in the rectum are effectually dislodged by the use of stimulating injections.

In diseases accompanied with great debility, tonic injections are sometimes employed with advantage. They may consist of a tea of poplar bark, balmony, golden seal or any other approved tonic.

Instances occur, in which, from a stricture or closing of the rectum, it is impossible to administer an injection. A difficulty may also arise from the presence of an abscess in the



rectum. A case of this kind occurred in Philadelphia, in which injections caused a violent determination of blood to the head, followed by a loss of consciousness. Ultimately, however, the abscess discharged its contents, and the patient recovered.

*Quantity of Fluid for an Injection.*—This is regulated in some measure by circumstances, but chiefly by the age of the patient. For an infant a year old, an ounce will be sufficient; for a child five years old, two ounces; for a youth twelve years old, three ounces; for an adult, from four to sixteen ounces. Two table-spoonfuls are about equal to an ounce. Many practitioners use a pint of fluid for an adult, but half that quantity will generally answer a better purpose, for it is longer retained, and procures a more thorough evacuation. Where a pint is injected, it is speedily discharged, and produces little or no effect. Instances occur, however, in which a pint, or even more, may be employed with advantage.

*Common Injection.*—Take of bayberry a tea-spoonful; cayenne, green lobelia and scullcap, or lady's slipper, each half a tea-spoonful; boiling water half a pint. Steep in a covered vessel, and strain or pour off the liquid. Administer blood-warm, previously smearing the pipe of the syringe, and the external sensitive parts, with lard, tallow or sweet oil. After the liquid is drawn into the syringe, the piston should be pushed gently forward, until a few drops of it escape, as this will serve to expel any air which may be contained in the syringe, and which it would be improper to introduce into the bowels.

In giving an injection, the sediment should be omitted, at least as a general rule. for it is liable to choke the syringe, and in dysentery, piles, and other affections of the lower bowels, it not only increases the irritation already existing, but frequently gives rise to severe pain and distress.

It is proper to retain the injection as long as possible; and if the muscles of the anus are in a relaxed condition, as often happens, a folded cloth or towel may be applied to prevent its immediate escape.

Where the bowels are very sore or irritable, half a tea-spoonful of slippery elm, or a tea-spoonful of honey, should



be stirred into the injection, either of which will have a soothing and beneficial effect. In case of acid in the bowels, great advantage will be derived by the addition of a tea-spoonful of the bicarbonate of soda.

In severe or violent attacks of disease, the quantity of cayenne and lobelia may be increased, or a table-spoonful of No. 6 may be added, when the injection is sufficiently cool to administer.

*Simple Injection.*—Where there is no other object in view than that of merely evacuating the bowels, the injection may consist of an infusion of catnip, pennyroyal, flea-bane, ginger, black pepper, summer savory, or any of the stimulating herbs. Composition tea, or warm water, containing a table-spoonful of No. 6, makes an excellent injection.

*Injection for Diarrhœa and Dysentery.*—Take of bay-berry and cayenne each a tea-spoonful; slippery elm and scullcap, or lady's slipper, each half a tea-spoonful; boiling water half a pint. Steep until the liquid is nearly cool enough for use; strain, and add two or three tea-spoonsful of No. 6. In dysentery, the cayenne is a valuable article, and should be freely employed:

*Injection for immediate Use.*—Take of warm water half a pint; third preparation of lobelia one or two table-spoonsful; mix. This is beneficial in apoplexy, convulsions, hydrophobia, locked jaw, hysteria, and sudden attacks of colic.

*Injections for Females.*—These are prepared in various ways, and introduced into the vagina by means of a female syringe. They are useful in fluor albus, inflammation of the womb, falling of the womb, menstrual irregularities, and retention of the placenta or afterbirth, accompanied with acrid or offensive discharges.

#### GIVING AN EMETIC.

It is necessary, oftentimes, to cleanse the stomach with an emetic, where it is not convenient to administer a course of medicine. For this purpose, the patient may either be in bed, with a heated stone wrapped in a damp cloth at

his feet, or seated by the fire, if the season requires it, covered with a blanket. A tea of composition, or of cayenne, and bayberry, is to be given in tea-cupful doses, until he begins to perspire. A tea-spoonful of green lobelia is then to be mixed with another portion of the tea, and administered at one draught, repeating it every twenty or twenty five minutes, until the stomach is effectually cleansed. Two or three doses will generally suffice. If the perspiration dies away before the lobelia is done operating, an additional quantity of cayenne must be administered. As soon as vomiting commences, milk porridge should be given freely, alternating it occasionally with a tea of pennyroyal, ginger, catnip, or golden rod. If the patient is seated by the fire, and does not perspire readily, he should immerse his feet in a bucket of warm water, or rest them on a heated stone, the latter of which is preferable, as the feet are liable to be chilled by removing them from the water. If the emetic occasions protracted nausea, without vomiting, a moderately heaped tea-spoonful of the *bicarbonate of soda* should be given in two-thirds of a tea-cupful of warm water, or an equal quantity of the tea already mentioned. Boneset, or blue vervain, will answer very well to cleanse the stomach, where lobelia cannot be obtained. A change of linen and bed clothes is important, after the operation of an emetic, particularly if the patient has perspired freely.

#### TREATMENT OF CHILDREN.

If children are refractory, and unwilling to take medicine, we should do what we can to render it palatable. The various teas should be administered without the sediment, and their unpleasant taste concealed by the addition of sugar, and some innocent spice, or essence. If very young, there is little or no difficulty in giving them medicine, but this is not the case when they acquire sufficient strength to make forcible resistance. In instances of this kind, advantage will be derived from the use of a newly invented spoon for the special purpose. In giving an emetic to a child, we should steep a tea-spoonful of green

lobelia in half a tea-cupful of raspberry or bayberry tea and administer a table-spoonful of the liquid, more or less, at a dose, according to its age, repeating it every ten or fifteen minutes until it operates. The child in the meantime should be kept in a perspiration, and the action of the emetic assisted by some pleasant drink, as an infusion of black birch, ginger, or pennyroyal. Milk porridge should also be given. If the child is five or six years old, two-thirds of a tea-spoonful of lobelia will be sufficient, increasing or diminishing the quantity according to its age. It is very convenient, in some instances, to give the lobelia by injection, a practice which we have sometimes adopted to our entire satisfaction. Administered in this form, the quantity requires to be slightly increased. It should be given in some bland fluid, as milk and water or raspberry tea, so that it may be retained as long as possible. If discharged immediately, it produces little or no effect, and renders it necessary to repeat the injection.

In administering the vapor bath, the child may be tied in a small arm chair, and surrounded with a blanket, as directed for an adult, leaving its head uncovered, that it may breathe the fresh air. Care must be taken that the vapor bath is not too hot. In the meantime, a tea of raspberry, ginger, composition, or pennyroyal, should be given to aid in promoting perspiration. If the child appears faint, or languid, its face and breast should be wiped with a cloth or towel wrung out of cold water, or vinegar; and if there is any manifestation of thirst, special care should be taken to supply it with drink.

The bath may be administered to a very young child, by placing it on a mattress, covering it loosely with a blanket, and generating vapor by means of a heated stone, wrapped in a wet cloth of several thicknesses.

When the bath is completed, the child may be sponged with cold water, and rubbed with a cloth or fine towel, until its skin is in a glow, managing it as we would an adult.

#### COURSE OF MEDICINE.

In all cases where there is no probability of effecting a



cure by simple treatment, we should administer a *course of medicine*. This consists in the use of injections to evacuate the bowels, astringents to cleanse the mucous membrane of the alimentary canal, stimulants and the vapor bath to promote perspiration, and an emetic of lobelia to free the stomach from its morbid or vitiated contents. This is the "*one remedy for all diseases*," which the diplomatized physicians have condemned as being unphilosophical and absurd. We do not hesitate to say, however, from what we have seen, that a *course of medicine* will do more, in a few hours, toward the removal of disease, than is often accomplished by the old school physicians in weeks, or even months. It tends directly to equalize the circulation, remove obstructions, invigorate the skin, promote appetite and digestion, and restore every organ and part of the body to a natural and healthy condition. If these results are produced, it matters not what may be the peculiar type of the disease, for nothing further can be done toward the perfection of a cure.

A *course of medicine* does not consist in the administration of a *single remedy*, as many people have been led to suppose, but in a series of remedies, which are admirably adapted to the removal of disease; and unlike the *poisons* employed by the medical faculty, they act in harmony with the laws of the human system, and do not increase the existing malady. Is it reasonable to suppose that substances which are capable of producing disease, can be of any service in its eradication, excepting on the principle of substituting one malady for another? It is true we may allay pain by a stupifying narcotic, but this does not remove the *cause* of the complaint.

The charge which is so unceasingly made against the advocates of the reformed practice, that they use only *one remedy*, meaning thereby a *course of medicine*, is much more applicable to the diplomatized physicians, with whom it originated; for it is well known that they profess to cure every form of disease with the lancet and a few poisons. It is remarked of Dr. Dudley, that "calomel, tartar emetic, opium, ipecac, and a few vegetable cathartics, constitute almost his entire materia medica." Dr. Jack-



son, formerly a professor in Harvard University, said to the students in the Massachusetts General Hospital, "give me mercury, antimony, opium, and bark, and I care not for any thing else." Now if these medical worthies are not to be censured for confining themselves to a few pernicious or poisonous drugs, why should the reformers in medicine be condemned for employing a combination of innocent vegetable remedies, in what is termed a course of medicine. A course of medicine effectually cleanses the stomach, which is a very important matter, and one which the routine physicians generally neglect. We have met with many cases of prolonged disease in which a cure was effected by the administration of a few lobelia emetics to cleanse the stomach. Indeed this organ, may be regarded as the fountain of life ; and it is only through its agency that we can hope to remove disease, or repair any injury which the system has sustained. It has the control of every other organ in the body, and disease becomes obstinate or severe in proportion as it loses its powers of vital resistance. The perspiration which ensues from the administration of a course of medicine, is highly beneficial, and affords more or less relief in every form of disease. It is well known that fevers of every description subside as soon as the patient begins to perspire. Dr. Cullen remarks, that "the flowing of the sweat relieves the difficulty of breathing which occurs during the cold stage of an intermittent ;" he also says, that "the headach, and the pains of the back and joints, which usually accompany this affection, gradually go off with the sweating stage."

Sweating, to be of any service in the treatment of disease, must be produced by healthy, invigorating stimulants, together with the vapor bath, and other appropriate remedies. If it is caused by "hot rooms, and close beds," as Dr. Denman remarks, or by cordials and drinks composed of wine, brandy, or any alcoholic, or narcotic stimulant, it will be more injurious than beneficial.

The sweating sickness of Great Britain, which occurred epidemically about three centuries and a half ago, generally proved fatal unless perspiration ensued. This disease says Dr. Good, was a malignant fever, and "ran its course

in a single paroxysm ; the cold and hot fits were equally fatal ; but if the patient reached the sweating fit, he commonly escaped." At Shrewsbury, continues Dr. Good, the disease raged for seven months, and carried off a thousand victims. After discovering the benefit of the sweating plan, however, it was far less fatal.

#### TREATMENT PREVIOUS TO A COURSE.

*Acute Diseases.*—In these, where it is considered necessary to administer a course of medicine, it is usually given without much preparatory treatment, excepting a free use of cayenne and bayberry, or composition tea. The emetic should be administered as soon as the system is prepared for its operation ; that is, as soon as the patient begins to perspire, for nothing will afford him more speedy relief than the thorough evacuation of the stomach.

*Chronic Diseases.*—In these, particularly, if the patient is of a cold habit, or has been long under the influence of depletive, or poisonous drugs, the tonic and stimulating medicines should be used for several days, or perhaps a week, previous to the administration of a course. A dose of spiced bitters may be taken before each meal, if the appetite is much impaired ; and during the day, an occasional dose of composition should be used to warm and invigorate the system. The patient, in the meantime, should not be exposed to a cold or damp atmosphere. At bed time, a dose of composition, or of cayenne and bayberry, is to be taken, and if the extremities are cold, or the circulation feeble, a heated stone, or bottle of hot water, wrapped in a damp cloth, placed at the feet. At bed time, also, an injection will be of service, and this should never be omitted, if the bowels are costive. The *lobelia pills*, in connexion with the other remedies, are always useful, and in some cases, particularly beneficial. If the patient is chilly, or possesses but little animal heat, the vapor bath should be administered once a day, or once every other day, followed by an application of stimulating liniment to the entire surface of the body. The most suitable time for employing the bath is at bed time.

There are some practitioners who administer a course of medicine in chronic diseases without any preparation of the system, but it is advisable to use the warming medicine twenty four hours previously, even in the mildest cases. Without this precaution, the course does not operate so efficiently, and in some instances, it may occasion the patient considerable distress.

The most suitable time for the administration of a course of medicine is in the morning, an hour or two after breakfast. The patient should take a light meal, consisting of gruel, or some liquid nourishment, in preference to solid food, as the latter would not be fully digested before the operation of the emetic, and in that case, the energies of the stomach would have been expended to no purpose. The administration of a course in the afternoon, when the patient is fatigued, or languid, is not attended with the same good results.

Fears are sometimes entertained that a patient is too much debilitated to admit of vomiting, but we have administered lobelia emetics in the last stages of disease, with no other hope than that of affording mere temporary relief; and vomiting, we have observed, has been performed with perfect ease, accompanied in many instances, with an increase of strength. We do not wish to inculcate the doctrine that emetics are to be given indiscriminately to weak patients, but we do not conceive that debility alone is a prominent objection, where it is necessary to evacuate the stomach of its vitiated contents. Professor Ware, remarks, that emetics may be given toward the close of a fever, and says they are not prostrating, as is supposed, but increase rather than diminish the strength.

#### DIRECTIONS FOR A COURSE.

Take of powdered bayberry five moderately heaped tea-spoonsful; scullcap or lady's slipper two tea-spoonsful; cayenne two or three tea-spoonsful; boiling water a quart: steep in a covered vessel, and set it by the fire to keep warm. If coarse bayberry is used instead of the powdered, two large table-spoonsful will be required. The scullcap,



is superior as a nervine to the lady's slipper, and more agreeable to the taste. In diseases accompanied with nervous symptoms, the scullcap, or lady's slipper should always be employed, even if omitted under other circumstances.

The course is to be commenced by giving the patient a tea-cupful of the above tea, sweetened to suit the taste. This is to be followed by an injection, prepared by steeping two-thirds of a tea-spoonful of green lobelia in a tea-cupful and a half of the tea, while it is hot, straining, or separating it from the sediment when nearly cool enough to administer, and adding one or two tea-spoonful of No. 6. If it is necessary to make a powerful impression on the system, the quantity of lobelia may be increased, steeping with it half a tea-spoonful of cayenne, and using a table-spoonful or more of the No. 6, instead of the quantity specified. A repetition of the injection is often beneficial, as in costiveness, pain in the bowels, headach, apoplexy, or any excessive determination of blood to the head. If uneasiness, or lingering pain follow an injection, the difficulty may be obviated by administering one composed of slippery elm tea, or a tea of raspberry, scullcap, and elm.

As soon as the injection has done operating, the vapor bath is to be administered in some convenient manner, having previously made arrangements for that purpose. The temperature of the bath is to be regulated according to the feelings or condition of the patient; and if he becomes faint and languid, his face and breast should be wetted with cold water, or a tumbler-ful of cold water dashed over his person. As soon as the bath is commenced, he should have a second tea-cupful of the tea; and if he is chilly, or does not perspire freely, it may be repeated in five or ten minutes. If requisite, half a tea-spoonful more of cayenne may be added to each dose or cup of the tea. Where the system has been well warmed by cayenne, the lobelia operates more efficiently, and produces a more beneficial result.

A free use of the tea in question, produces a two-fold advantage. The bayberry, which is one of its ingredients, cleanses the inner coat of the stomach of its morbid secretions, which is a very important object; while the cay-



enne, in addition to its general effects upon the system as a pure, healthy stimulant, acts locally upon the glands of the stomach, and dislodges from them large quantities of cold or slimy mucus. By using these two agents, therefore, previous to the administration of the emetic, the stomach is cleansed in the most thorough and effectual manner. After the patient has remained in the bath until a free perspiration ensues, which will generally be in fifteen or twenty minutes, he may wipe himself dry, replace his shirt before leaving the bath, and go directly to bed, having a blanket or something thrown around him to prevent the possibility of his becoming chilled. If he is of a cold habit, or the season renders it necessary, the bed should be previously warmed. A heated stone, or bottle of hot water, wrapped in several thicknesses of a damp cloth, and that enclosed in a dry flannel, should always be in readiness to place at his feet, unless the weather is so warm that there will be no difficulty in maintaining a perspiration by the use of the medicines alone.

The bed-clothes must be regulated according to the season, using a sufficient quantity to make the patient comfortable and keep him in a gentle perspiration. He is sometimes oppressed by an undue quantity, and his breathing rendered difficult or laborious. This extreme should always be avoided by those who have charge of the sick.

*The Emetic.*—The first dose of this should be prepared while the patient is in the vapor bath, so that it may be administered the moment he is in bed. If the perspiration is suffered to die away before it is given, it will operate much less favorably. Hence it is sometimes administered to cold and feeble patients just before they leave the bath, having the bed previously warmed for their reception.

The emetic is prepared by adding a moderately heaped tea-spoonful of green lobelia to a tea-cupful of the cayenne, bayberry and nervine tea, sweetening it to suit the taste. This is to be taken in substance at one dose. By moistening the lobelia with equal parts of No. 6 and water, before adding it to the tea, it will mix thoroughly, and not adhere to the mouth and throat.

In giving a light course of medicine, which is necessary

in cases of great debility, the lobelia should be administered without the sediment, as it is then more gentle in its effects, and less liable to be followed by tedious or distressing nausea. It may be prepared as follows: Take of green lobelia five tea-spoonsful; warm water a tea-cupful and a half; steep fifteen or twenty minutes in a covered vessel, and strain. The infusion may be divided into three portions, and given in the same manner as the powder.

It should be remembered that the *brown lobelia* is more strong and active than the *green*, and consequently should be used in a diminished quantity. Two-thirds of a tea-spoonful of the former, is about equal to a tea-spoonful of the latter. We generally prefer the green, particularly in the treatment of children, and feeble or delicate patients. Brown lobelia is more apt to be harsh in its effects, and to occasion prostration. Many practitioners, nevertheless, use it altogether, and consider it preferable to the green; while others employ equal parts of the green and brown in combination. The latter is undoubtedly preferable, where it is necessary to make a prompt and decided impression on the system, as in apoplexy, delirium tremens, lock-jaw, or any violent febrile or inflammatory affection.

*Repetition of the Emetic.*—It is a common practice to administer the second dose of the emetic in fifteen minutes after the first; but unless there is some urgent necessity, we prefer waiting at least half an hour, in order that the medicine may diffuse itself through the system. The second dose may then be administered, prepared in the same manner as the first; and in fifteen minutes, if vomiting has not ensued, or is not likely to be effectual, a *third* dose may be given. Three doses is the usual number; but sometimes one is sufficient, and at others six or seven are required. There are many curious extremes in this respect.

Where the patient is properly managed, it is not necessary, as a general thing, to administer a large quantity of lobelia. If the stomach is cold and inactive, as often happens in chronic diseases, the warmed medicines should be employed several days previous to the course. In the present improved state of the vegetable practice, it rarely

happens that three doses of lobelia are not sufficient to evacuate the stomach effectually.

The emetic is given in three portions, that it may have a more thorough operation. The first dose is frequently followed by vomiting, while the second may leave the stomach quiet, and vomiting not ensue again until the third is given; or the first and second doses may both vomit, and yet, if the stomach is very foul, a third may be required; or one dose may operate sufficiently, producing prostration, frequent vomiting, and a tingling sensation throughout the whole system; or all three of the doses may be taken before vomiting occurs; and in that event, the operation is liable to be tedious or severe, particularly if considerable time elapses before the vomiting takes place. If the contents of the stomach are offensive, they should be discharged into a basin partly filled with cold water, as this will prevent the exhalation of unpleasant or deleterious fumes. Milk porridge, or unbolted wheat meal gruel, should be taken freely after vomiting commences, alternating occasionally with a dose of pennyroyal tea, or in the absence of this, a tea of black birch, catnip, golden rod, summer savory, or any of the aromatic herbs.

If the perspiration dies away before the emetic is all given, half a tea-spoonful or more of cayenne should be added to the subsequent dose, and repeated if necessary.

The patient should not expose his hands and arms during the administration of a course; and when he rises to vomit, the bed-clothes should be drawn closely about his neck and shoulders, to prevent his becoming chilled. Wiping his face and hands with a cloth wrung out of cold water, or vinegar, is refreshing, if he is faint or languid from the operation of the lobelia. The application of vinegar to the nostrils is useful for the same purpose. In some instances a patient falls asleep after the emetic has been given, and unless he becomes cold or chilly, should not be disturbed. While the skin is moist, and of a natural temperature, we may be assured that the functions of the body are performed in a healthful manner, and sleep under these circumstances will have an invigorating effect.

*Lingering Nausea.*—If the lobelia has been administer-



ed in the usual number of doses, and the patient is afflicted with distressing nausea, without being able to vomit, the following dose will generally produce the desired effect: Take of cayenne and bayberry tea a tea-cupful, and dissolve it in a level tea-spoonful of *sal æratus*, or a moderately heaped tea-spoonful of the *bicarbonate of soda*. This, taken at one draught, will rarely fail to evacuate the stomach. The alkali is sometimes dissolved in a tea-cupful of warm water, but is not so efficient. Vomiting may be produced in many instances by swallowing a bowl-ful of milk porridge, or an equal quantity of pennyroyal tea; or by pressing firmly with the hand on the region of the stomach; or by turning suddenly from one side to the other. If the perspiration has ceased, or the patient is cold or chilly, the vapor bath, or the application of heated stones, wrapped in damp cloths, to the feet and sides, together with the internal use of cayenne and bayberry tea, will generally excite the stomach to discharge its contents.

*Restlessness.*—If the patient becomes restless or nervous during the operation of the lobelia, the following preparation may be given with great advantage. Take of scull-cap, or lady's slipper, a tea-spoonful; cayenne half a tea-spoonful; sugar any desirable quantity, boiling water a tea-cupful. Steep, and give a table-spoonful of the tea at a dose, repeating it every five or ten minutes. This will quiet the nerves, and aid the operation of the emetic.

*Pain in the Bowels.*—Where this is present, relief may be obtained by an injection of warm water and No. 6, in the proportion of a tea-cupful of the former to a table-spoonful of the latter, repeating it as often as necessary. The common injection, with the omission of the lobelia, may be used in its stead. Bathing the abdomen with No. 6, pepper sauce, or a mixture of vinegar and cayenne, simmered, will afford more or less relief; and if the pain is obstinate, a flannel moistened with either of these liquids, and warmed by the fire, should be laid over the part.

*Pain in the Head.*—This also may be generally relieved by an injection, prepared according to the directions in the preceding paragraph. If the head is hot, or feverish, it should be wrapped in a cloth wrung out of cold water, and the



application renewed as often as the cloth becomes warm, As soon as the lobelia operates, and the stomach is cleansed, the pain will generally cease. A heated stone wrapped in a damp cloth, should be kept constantly at the feet.

*Excessive Vomiting.*—Where this occurs, as it is liable to do, by giving a course of medicine without any preparation of the system, or by suffering the patient to become cold during the operation, it is desirable to afford relief as speedily as possible; and this can be accomplished by the use of the vapor bath, or the application of heated stones, wrapped in damp cloths, to the feet and sides of the patient, administering cayenne tea or pepper sauce, in table-spoonful doses. By this treatment the circulation is equalized, and the vomiting and irritability of the stomach subside. Cullen says: "In an attack of the plague, a vomiting happens, which prevents any medicine from remaining on the stomach." Dr. Sydenham tells us, "that he could not overcome the vomiting but by external means, applied to produce a sweat or determination to the surface of the body." Doctor Mattson says, "he was called to a gentleman who had been vomiting violently for six or seven hours, in consequence of a lobelia emetic. He was in a cold room, and had perspired but very little. The only matter discharged was pure yellow bile. He says he steeped half a tea-spoonful of salt, and a large tea-spoonful of cayenne, in half a tea-cupful of boiling water, adding, in six or eight minutes, sufficient cider vinegar to fill the cup. A table-spoonful of this was given every ten minutes, until three doses were taken; and in the meantime, a heated stone, wrapped in a damp cloth, was placed at the feet. This treatment produced perspiration, and the vomiting ceased.

Dr. Thomson has given an account of a case, which is as follows: "The patient, in whom the difficulty was occasioned by an injection containing an undue portion of lobelia. When Dr. Thomson first saw the case, the vomiting had continued for twelve hours, and was accompanied by great prostration; but by the administration of the vapor bath, it was speedily and effectually checked. Nothing was given internally, excepting a tea-spoonful of

milk porridge soon after the bath, and some chicken soup in the lapse of an hour.

A cup of table tea, or a tea of spearmint, golden rod or black birch, will sometimes allay vomiting, but is not to be depended on in severe cases.

*Ventilation.*—The importance of ventilating the sick chamber, particularly during the administration of a course of medicine, has not received that attention which it deserves. The air soon becomes contaminated, and often highly deleterious; and if ventilation is not resorted to, will have a powerfully depressing influence on the patient.

In giving a course of medicine, the room should be ventilated during the operation, particularly if the air acquires an unpleasant smell. A door or window should be opened, so that the patient will not be exposed to the draught; or he may be protected from it, by throwing a light quilt over his head. In cold weather, a fire generally will be sufficient for the purpose of ventilation, provided the room is furnished with a fire-place. Charcoal should never be burnt in a close apartment, as it evolves carbonic acid gas, which is destructive to life.

#### CONCLUSION OF THE COURSE.

After the emetic has done operating, a second vapor bath is to be administered, preceded by an injection similar to the one with which the course was commenced, excepting that the lobelia may be omitted or diminished in quantity. While in the bath, the patient should drink a tea-cupful of some warming tea, as ginger, composition or cayenne. If the latter is employed, it should be taken in divided portions, unless preceded by a draught of milk porridge; for if the stomach is empty, it is liable to occasion pain or distress. As soon as free perspiration ensues, which will be in from ten to twenty minutes, the *cold shower* is to be administered, according to the direction given under that head. The patient may now dress himself, if he has sufficient strength, or return to bed, the sheets having been previously changed. A tea of composition, or cayenne and bayberry, should be given occasion-

ally to keep the skin moist, at least for two or three hours after the *course*. This is particularly desirable in severe cases of disease. If the patient is seated by the fire, he should be covered with a blanket, and if his feet are cold, he should place them on a heated stone or brick. Sitting with the back to the fire has a beneficial effect, particularly in low chronic cases; for through the influence of the spinal nerves, a pleasant sensation of warmth is communicated to every part of the body. In warm weather, the patient should be careful not to expose himself to a draught or current of air; for the good effects of a *course* are sometimes wholly counteracted in this way. He should be content, also, to remain within doors until the next morning, unless the weather is mild and pleasant, and other circumstances are favorable to exercising in the open air.

Bathing the surface with a mixture of cayenne and vinegar, after the bath, or rubbing it with stimulating *liniment*, is useful in many forms of disease, and renders the patient less susceptible to the effects of cold.

If languor or debility succeeds a *course*, a tea of spiced bitters should be used, prepared by steeping three teaspoonsful of the powder in a pint of boiling water, and adding sugar to make it agreeable. This may be employed as a drink, and is strengthening to the stomach and general system. In fevers and inflammations it should not be used until the disease is entirely subdued.

Where a patient is restless or nervous, there is no better remedy than the *nervine* tea.

It is improper to sleep in a cold room after a *course*, particularly in low or doubtful cases of disease; and we are convinced that much injury is done by this practice. Breathing the cold air for several hours through the night, causes, in many instances, an aggravation of the symptoms.

On retiring to bed for the night, after a *course* of medicine, a tea-cupful of composition tea should be administered, and if necessary, a bottle of hot water wrapped in a damp cloth placed at the feet. Where the stimulus of cayenne is not required, bayberry tea may be used instead of

the composition ; and if the patient is nervous, half a tea-spoonful of scullcap or lady's slipper may be added.

*Food.*—In severe acute affections, as bilious, scarlet and typhus fevers, the appetite is generally deficient, and the stomach incapable of digesting solid food. The strength of the patient should be sustained, therefore, by the use of bland and nourishing fluids, such as milk porridge, beef tea and wine whey, which will not enfeeble or irritate the digestive organs. In the milder attacks of disease, and in chronic complaints, a course of medicine is usually succeeded by a good appetite, but it is not safe to indulge it too freely. It is at best a fallacious guide, and if a patient should eat until its cravings are satisfied, he will often overload the stomach, and increase the disorder which he is endeavoring to remove. We have invariably observed, that where a temperate meal is taken after a course, the individual enjoys a greater degree of bodily comfort, and improves much more rapidly in health.

Among the articles of food which may be eaten after a course, where solid aliment is not an objection, are, sago, rice, tapioca, wheat jelly, the unbolted wheat bread, soft boiled eggs, and the lean part of meat, provided the individual has been accustomed to animal food. The plainer each dish is cooked, and the fewer articles taken at one meal, the better it will be for the patient. Nothing is more injudicious than the practice of eating every *dainty* which the nurse, or kind but inconsiderate friends may be pleased to furnish.

#### ACCIDENTAL SYMPTOMS.

These are so termed, because they occasionally arise during the administration of a course, without being of common occurrence. Dr. Thomson calls them the "alarming symptoms," and says they indicate a crisis in the disease. He has known a patient to sob for hours, without being able to lift his hand to his head, and yet be on his feet the next day, attending to his business. He remarks, that persons that have taken a considerable quan-



tity of opium, will sometimes be thrown into a state of unconsciousness, and appear to be dying, but in a few hours awake, as if from a refreshing sleep, and speedily regain their health and vigor.

The "alarming symptoms" do not often occur, says Dr. Thomson, excepting in chronic diseases, and not until from three to eight courses have been given. We have met with them in a few instances, but believe they may be prevented by judicious management. Where courses follow each other in rapid succession, with but little attention to the intermediate treatment, they are almost sure to supervene; but we venture to predict that they will rarely or never occur, if a course is not administered oftener than once or twice a week, as is now the practice in chronic diseases, and the warming and invigorating medicines used freely in the intervals.

*Relaxation.*—This is an effect of the lobelia, and is not owing to actual debility or prostration, but a relaxation of the voluntary muscles. The patient may be unable to turn in bed, and yet in the lapse of an hour, or even less, be in the full possession of his strength. The pulse meanwhile is generally regular, showing that the heart performs its functions in a healthful manner. In subduing a fever, or inflammation, relaxation generally occurs, and this is apt to excite alarm in the minds of those unacquainted with the medicine, when in fact it is only an evidence that the remedy has triumphed over the disease. The system recovers from this relaxation in a very short time. The relaxation which is produced by lobelia and the vapor bath, is very different from the debility or prostration which ensues from blood-letting, and the use of mineral or vegetable poisons.

*Delirium.*—This is usually the result of carelessness, or improper treatment. If a course of medicine is given without any preparation of the system, or if the patient is suffered to become cold or chilly during the operation, slight or temporary delirium will sometimes be the consequence. Where opium, or any of its preparations has been taken in a considerable quantity, it is much more apt to occur. The poison no doubt remains dormant in the

system, and is roused into action by the agents employed in the administration of a course. A remarkable case of this kind occurred as follows: A young lady who was afflicted with an obstinate nervous complaint, and by the advice of her physician, had taken freely of opium, and laudanum. Finding no relief, she adopted the reformed practice, and while undergoing the second course of medicine, became delirious, talking incoherently, and alternately laughing and crying. Her friends, who were opposed to the treatment, assembled around her, and declared that she would die. In about three hours, however, she sunk into a refreshing sleep, from which she awoke without any recollection of what had past. Delirium occurred during the two successive courses, which is a very unusual thing, and each time while she was in the second vapor bath. After the third and final attack, she began to improve in health, and was ultimately cured of her malady. During the continuance of the delirium, an occasional dose of nerve tea was administered, and her feet kept warm by the application of heated stones wrapped in damp cloths.

*Purging.*—This arises where purgatives have been taken in repeated doses, and remain in the bowels without operating. We will mention a case by way of illustration. A gentleman was attacked with fever, and called in a physician, who gave him a succession of cathartics, but they produced no effect. The patient became alarmed, and sent for a reformed practitioner to give him a course of medicine. The course was commenced without any preparation of the system, and during the operation, the hitherto dormant physic was roused into action. The purging was severe, and it was found to be almost impossible to check the discharges. It is important, therefore, where the bowels are loaded with cathartics, that the warming medicines, together with injections, be used for a day or two previous to giving a course.

Purging takes place in a few instances where cathartics have not been used, but upon what it depends. We are not able to explain. It appears however, to form a crisis in the disease, and to terminate without injury to the patient, excepting the debility which naturally arises from the co-

pious evacuations. The treatment in such cases, should consist in the use of medicines to keep a determination to the surface of the body. Cayenne and bayberry tea, with a portion of scullcap and slippery elm, may be taken internally, and the same administered by injection. Advantage will be derived also, from bathing the abdomen frequently with No. 6, or tincture of cayenne.

*Coldness of the Extremities.*—Like many of the accidental symptoms, this would not probably occur, if the warming medicine were given a few days in advance of the course.

The practice of giving courses of medicine, without any preparatory treatment, where the system is in a cold and sluggish condition, is quite too prevalent, and the evils which follow, are not to be attributed to the remedies themselves, but to the thoughtless and injudicious manner in which they are employed.

*Irregular, or Difficult Breathing.*—This we have observed, is usually caused by an undue weight of bedclothes, as is evident from the relief afforded by sponging the face and breast of the patient with cold water, or by lifting or fanning the bedclothes, so as to admit the fresh air to his person. We will mention a few examples:

Mr. K. of Boston, was attacked with difficult breathing while undergoing a course, and his friends supposed him to be dying. Dr. Thomson was sent for, who immediately stripped off the bedclothes, and dashed a quart of cold water over him. He revived the moment the application was made, and breathed as freely as ever.

A course of medicine was administered to a child, whose breathing became difficult. A reformed practitioner was sent for, who found it wrapped in a heavy blanket, and nearly smothered in the nurses arms. It was laid upon a mattress, a thin quilt thrown over it, and its face and breast bathed with cold water. Nothing further was required to afford it entire relief.

Whether difficult breathing is accompanied by a moist and warm, or a dry and cold skin, the sponging may be employed with an equal degree of advantage. Dr. Comfort mentions a case, in which the skin became cold, and the

face almost livid, and yet the sponging, as previously directed, afforded prompt and decided relief.

There is a determinate relation between the heat of the body, and that of the surrounding medium, which should always be kept in view. Boerhave supposed that a person could not live when exposed to a temperature greater than that which is natural to the body, but this was disproved by some women in Germany, who went into a heated oven at the temperature of 278 degrees of Fahrenheit, and remained in it about twelve minutes. A person in health is capable of resisting a high degree of heat, but in some forms of disease, a slight elevation of the surrounding medium becomes oppressive. Cholera patients for example, who have been debilitated by profuse discharges by stool, will often faint in the vapor bath at a low temperature, unless the vapor is introduced slowly, and cold water sprinkled over them occasionally. In suspended animation, we know that external warmth must be applied to the surface very gradually, or it will be impossible to revive the latent spark of life. The external heat, therefore, must be regulated according to the condition of the patient, for what is suitable in one case, may have a depressing influence in another, and perhaps be the means of destroying life.

#### INTERMEDIATE TREATMENT.

By this term is understood the administration of appropriate remedies between the courses of medicine, which is of the utmost importance, and should never be neglected. In acute attacks, it requires to be active in proportion to the violence of the disease, administering a tea of composition, or of cayenne and bayberry sufficiently often to keep a gentle perspiration, and adding to it a portion of scull-cap, or lady's slipper, if the patient is nervous. Injections also, are of eminent service, independent of the evacuation of the bowels, and may be repeated two or three times a day, or every hour if necessary. In severe attacks of fever, whatever may be its type or character, the treatment here specified must be rigidly pursued, or the skin will become hot and dry almost immediately after a



course. The stimulating tea, is well adapted to keep the skin moist, and maintain the equilibrium of the circulation. In the meantime, a bottle of hot water wrapped in a damp cloth should be placed at the feet, unless the weather is so warm as to render it oppressive. In all cases where the skin is inordinately hot, it may be sponged with cold water. This application affords prompt and decided relief, and is not a dangerous experiment, as many people have been led to suppose.

If the disease continues unchecked, notwithstanding this treatment, the course of medicine should then be repeated. In complaints of the bowels, headach, pains in the back, kidneys, womb, or any other organ or part of the body, injections may always be employed with advantage.

In fevers, and inflammations, the tonic medicines should not be used until the disease is subdued. They are then important particularly in debility, loss of appetite, or weakness of the digestive organs.

Thirst may be more effectually relieved by cayenne tea than by any other remedy. It may be taken in the dose of a table-spoonful, and repeated every fifteen or twenty minutes, until the desired effect is produced. It is very beneficial in fevers accompanied with a dry or parched mouth.

If the stomach is much disordered, as is usually the case in severe acute attacks, the patient should be fed with liquid instead of solid food, for reasons which have been assigned.

The sick room should be kept perfectly clean and sweet. The stools, and every thing capable of tainting the air, should be immediately removed. The apartment should also be ventilated two or three times a day, particularly in diseases which have a putrid tendency, taking care not to expose the patient to the draught. The importance of pure, fresh air, in the treatment of the sick, does not appear to be sufficiently understood or appreciated.

*Chronic Diseases.*—The *intermediate treatment* in chronic diseases is necessarily varied, according to the nature or severity of the complaint; but in obstinate cases, it usually consists of a dose of spiced bitters before each

meal, a tea-cupful of cayenne and bayberry tea in the forenoon, another in the middle of the afternoon, and a third on going to bed. An injection will also be beneficial at bed time, whether the bowels are costive or not, for it warms and invigorates the whole system; and if the weather is cold, or the patient chilly, a bottle of hot water, wrapped in a damp cloth, should be placed at his feet.

In many cases, no further treatment is required between the courses, than an occasional dose of spiced bitters and composition, using the first when the appetite is deficient, and the second when there is any necessity for a stimulant. If the individual is obliged to be in the open air, he should take these medicines in cold or lukewarm water.

Where the feet are habitually cold, advantage will be derived from sprinkling the soles of the stockings with cayenne pepper.

In weakness or irritability of the nervous system, the nervine tea will be beneficial.

Some practitioners question the propriety of administering bayberry to patients with pulmonary difficulties; but in combination with cayenne, as recommended, we have always found it to be an invaluable remedy. It acts upon the mucous membrane of the stomach as a *detergent*, which is an important matter in the treatment of all diseases, and particularly of the lungs. In some instances, however, the stomach is irritated by the indigestible woody matter of the bayberry, and in that case, the tea should be administered without the sediment. The same remark is applicable to other medicines.

The lobelia pills are highly serviceable as a part of the *intermediate treatment*. The wine bitters, vegetable jelly, and other preparations, may also be used, if deemed expedient or necessary.

Patients who have but little animal heat, would do well to take an extra vapor bath two or three times a week, following it with an application of *stimulating liniment*.

Particular attention should be paid to the bowels, and whether costiveness or diarrhoea prevail, equal advantage will be derived from the use of injections. These may be administered once or twice a day, or oftener, as the case

may seem to require. With regard to costiveness, there is no better remedy than the unbolted wheat bread, or wheat jelly, for it is not only nourishing, but produces natural evacuations without irritating the bowels. Where there is a tendency to costiveness, the patient should omit the use of tea, coffee, lean meat, pies or cakes, made of superfine flour, and all similar articles of food.

Exposure to a damp or cold atmosphere should be avoided, particularly in the morning before breakfast. The latter is sometimes injurious even to persons in health. Exposure, also, to the morning sun, in a low or marshy district, while the stomach is empty, is more or less pernicious. In some parts of Europe, the officers do not march their troops until they have breakfasted, and the observance of this rule contributes greatly to their health and freedom from malarious and other diseases. A writer on dietetics remarks, "Where fever is in a family, the danger of infection will be much greater to a person going directly from his own bed to the bed-side of the patient, than to one who first takes the precaution of drinking, were it only a cup of coffee."

If the urine is scanty between the courses, *diuretics* may be used, or a tea of cool wort, cleavers, poplar bark, or spiced bitters.

*Cold night sweats* cannot be better treated than by the administration of a vapor bath at bed time, followed by an application of the stimulating liniment.

The skin should be rubbed night and morning with a coarse towel, or flesh brush, until it is in a glow. This practice is of the utmost importance, as will be acknowledged by every one acquainted with the functions of the skin, and in obstinate or lingering chronic complaints, should never be omitted.

Another valuable remedy in overcoming many forms of chronic disease, and strengthening a feeble constitution, is the application of cold water to the surface of the body, every morning, immediately upon rising from bed. For this purpose, either the shower, sponge or hand bath may be used, according to the circumstances of the case. If the patient is easily chilled, the *hand bath* will be prefera-

ble, as it abstracts but a small portion of the animal heat. The bath is never beneficial, excepting where it is followed by a warm glow of the skin; and on that account it is improper to use it, in some instances, without previously invigorating the system with courses of medicine.

#### REPETITION OF COURSES.

In *acute diseases*, such as dysentery, pleurisy, rheumatism, small pox, and the various fevers and inflammations, it is proper to administer the courses in *rapid succession*, provided the violence of the symptoms cannot be subdued by the usual *intermediate treatment*. It is thought by some that this will debilitate, but we are persuaded that a much greater degree of debility would ensue, by not making a prompt and decided impression upon the disease at the commencement. In scarlet fever, for example, which threatens to be obstinate or severe, if we do not administer the courses in sufficiently rapid succession to keep the disease in check, sore throat is liable to supervene, and the patient's sufferings will not only be protracted, but there will be much greater difficulty in effecting a cure. In fevers and inflammations, where the skin becomes hot and dry, notwithstanding the intermediate treatment, it is a good practice to repeat the course without delay, even though it should be necessary to administer three courses in twenty-four hours. Where the skin is moist, and of a natural temperature, however, a repetition of the course is not requisite.

In *chronic diseases*, it is improper to administer the courses in rapid succession, unless required by urgent or peculiar symptoms. As a general thing, a course once a week will be sufficient, provided strict attention is paid to the *intermediate treatment*. We must be guided in this matter by circumstances. It may be necessary to administer two courses in a week, or it may be found that one course in a fortnight will suffice. While the patient is comfortable, and continues to improve in health, the course need not be repeated; but if the symptoms assume an unfavorable character, and cannot be subdued by the remedies



usually employed in the intermediate treatment, a repetition of the course becomes indispensable.

All that human agency can accomplish in the removal of disease, is to cleanse the stomach and intestinal canal, invigorate the skin, remove obstructions, and restore a balance to the circulation. After that, time must be allowed for the digestion and assimilation of food, or more injury than good will ensue from a repetition of courses. If the stomach is nauseated daily with lobelia, the digestive process is interrupted, and there is no opportunity for the formation of chyle, without which the blood will soon become impoverished, and incapable of nourishing or supporting the system.

The appetite does not return, in some instances, until two or three days after a course; but that of itself, unaccompanied by any urgent symptom, does not warrant an immediate repetition of the course.

#### NUMBER OF COURSES.

The number of courses requisite to effect a cure, must necessarily depend upon the nature or obstinacy of the disease, and the judgment with which the medicines are administered. A single course is generally sufficient to arrest a simple fever, while a severe attack of bilious, scarlet or typhus fever may require six or seven courses.

In *chronic diseases*, from three to fifteen or twenty courses are usually required. We sometimes hear of patients having taken *fifty* or an *hundred*, but we presume so large a number would not have been required, if proper attention had been paid to the diet and intermediate treatment.

#### SYMPTOMS MARKING THE PROGRESS OF CURE IN CHRONIC CASES.

A few remarks on this subject may not be unimportant, as symptoms occasionally arise which are calculated, in some instances, to excite the fear or distrust of the patient.

*Pains.*—These are not uncommon, and are experienced

in various parts of the body, generally occurring after the administration of two or three courses. They are not usually of long duration, and shift from one part of the body to another. They are prone to arise where the sensibility of the nerves has been impaired by narcotics, such as opium, digitalis and prussic acid. As soon as the body is renovated, it becomes sensible, if we may so speak, of the disease which has been preying upon it, and painful sensations, for a limited time, are the necessary consequence.

*Expectoration.*—In consumption, and other diseases of the lungs, this is increased for a time, and then gradually disappears. Expectoration is a favorable symptom in a dry cough. It is nature's method of terminating the disease, as catarrh is terminated by a discharge of mucous from the nose.

*Debility.*—Chronic diseases are accompanied with more or less irritation, which may be either local or general, according to the nature of the complaint; and as soon as this is subdued, the patient complains of debility, which may continue for a few days or for several weeks.

He is not to be discouraged, however; for the symptom is a favorable one, or rather, it must necessarily precede a restoration to health. While the system is laboring under a high degree of irritation, the brain is stimulated to increased action, and this produces a sort of fictitious strength, which disappears when the irritation is allayed. A patient, in the delirium of fever, for example, may require two or three persons to confine him in bed, but as soon as the fever subsides, he often sinks into a state of exhaustion, and becomes entirely helpless.

*Despondency.*—This arises from causes similar to the above, and so much is the mind depressed, in some instances, that the patient fancies the medicines are of no avail, and that he cannot long survive. He often refuses to employ the necessary remedies, but should be encouraged to persevere, for in a week or two the spirits will become more buoyant, and the health improved. Despondency does not usually occur, excepting where the patient has been under a long course of treatment by the diplomatized physicians.

*Ulcers in the Stomach and Bowels.*—Chronic diseases sometimes terminate in the formation of little ulcers in the stomach and bowels, which are exceedingly painful, and accompanied in many instances with costiveness. In four or five days they discharge their contents into the stomach and intestinal canal, and the matter passes off by stool, after which the patient speedily recovers. The food, meanwhile, should be of a light and soothing nature, such as tapioca, sago, wheat jelly, and preparations of slippery elm. If the patient is costive, injections once or twice a day are indispensable.

*Biles.*—These occasionally make their appearance, and appear to be the result, in some instances, of that renovating process which is necessary to free the system from impurities.

*False Membrane.*—The discharge of this, by stool, is a favorable symptom, and indicates a speedy return to health. It is a skinny substance, and usually passes from the bowels in shreds or patches; but sometimes it assumes the tubular form, bearing a close resemblance to an intestine.

It lines the whole extent of the intestinal tube, as well as the stomach, and until it is detached, the patient cannot be restored to permanent health.

The quantity which is discharged, in some instances, is almost incredible. In the meantime the diet should be light and easy of digestion, consisting of sago, tapioca, wheat jelly, or similar articles of a soothing nature. As soon as this membrane makes its appearance in the stools, the coat usually separates from the tongue, and leaves it clean and of a natural appearance.

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## DISEASES AND THEIR TREATMENT.

The different names which the unnatural concentration of the fluids of the body have received from their location, will now be treated on, under their appropriate heads and different names.

## ABSCESS, BILES, ETC.

The term abscess is applied to those cavities in which collections of pus or matter are formed, in any part of the system, such as biles and all other swellings which are preceded by inflammation. Inflammations which terminate in abscess, usually come on with itching, dryness, redness, and increased heat of the part; which symptoms are succeeded by a small tumor or swelling, through which shooting and throbbing pains are commonly felt. If the inflammation runs high, and is of considerable extent, feverish symptoms come on; the pulse becomes full, hard and quick, the skin dry and hot, with increased thirst.

Inflammations of this kind may terminate in different ways, either by resolution, suppuration, adhesion or gangrene.

By resolution, is understood the natural and gradual cessation of the inflammatory symptoms, and the part becoming sound again.

Suppuration implies the formation of pus or matter in the inflamed parts, and forming a cavity, which is properly termed an abscess.

By adhesion, is understood a growing together of inflamed parts, which is said often to take place in twenty-four or thirty hours.

Gangrene is the incipient or first stage of mortification.

The symptoms which indicate the formation of pus, are an abatement of the feverish symptoms; a diminution of the acute pain, which is succeeded by a heavy, cold and dull uneasiness in the part affected; softness and whiteness of the most elevated part or point of the swelling, whilst the other parts appear more red. If the matter is near



the surface, we may be still further assured of its formation and existence by applying a finger to each side of the head of the swelling, and by gently or quickly pressing down with one, a gush or movement of the fluid may be felt under the other finger. When this fluctuation can be felt, there need be no doubt that matter is formed, and we may proceed immediately to make an opening in the abscess with a lancet or some sharp instrument, to evacuate its contents. When the matter, however, is more deeply seated, the fluctuation cannot always be felt. But in most cases of this nature, the sudden subsidence or abatement of the inflammatory symptoms, the repeated chills, the sense of weight and coldness of the part, may be regarded as good evidence of the existence of matter, and its ripeness for opening; and if the patient is afterwards attacked with emaciation, night sweats and other hectic symptoms, we may regard them as certain signs of a hidden collection of matter.

The symptoms which denote the termination of inflammation in gangrene, are a sudden diminution of the pain and fever, the part becoming livid or green, the cuticle or scarf skin being detached from the true skin, under which is effused a turbid or dirty water; the tension, swelling and hardness subside, and, at the same time, a *crepitus*, or crackling noise, is heard on pressing upon the part, which is owing to a generation of air on the cellular membrane, which is interposed between the skin and flesh. In this stage of the disease it is termed gangrene; but as the death of the part progresses, it becomes black and fibrous or thready, and destitute of natural heat, sensation and motion, and it is then termed a *spachelus*, or mortification.

*Treatment.*—If the inflammation proceed from any foreign or extraneous matter lodged in the flesh, such as a thorn, or splinter of wood, or any other substance, it ought immediately to be removed, and if necessary to its removal, the wound should be laid open with a knife or lancet, so that the foreign body may readily be got at and removed.

In the first stages of inflammation arising from any other cause than injuries, such as biles or other inflamed

swellings, it will be proper to attempt the cure by producing a resolution of the tumor or swelling. To do this, it may be proper to apply cold water, which will have a powerful tendency to remove the inflammation; or we may bathe the part with a strong wash of pepper and vinegar, No. 6. or Shecut's Stimulating Liniment. The application of the leaves of the common garden cabbage, or of skunk cabbage, to the part, will have a tendency to produce moisture of the skin, arrest the inflammation, and dissolve the tumor. Cold poultices kept wet with cold water, will also have a good effect in promoting the resolution of the swelling.

But the most powerful discutient remedy, and which is by far the most certain to disperse the tumor, and remove all other bad symptoms, is a full course of medicine. Resorting to this process, as the circumstances of the case may require, will remove feverish symptoms, which always attend large inflammations, and has a most powerful tendency to promote a healthy action in the diseased part, and produce a resolution of the tumor. The frequent application of the vapor bath, taking at the same time some of the composition powders or capsicum, and omitting an emetic, will be found serviceable in removing the inflammation and swelling which precede an abscess.

If, notwithstanding these means, the tumor should show a disposition to suppurate, poultices should be applied, and often wetted with cold water, which will allay the pain and inflammation. The poultice must be renewed as often as it inclines to become sour. The vapor bath alone, or a full course of medicine, may also, if necessary in extensive inflammations, be resorted to during the suppurative process, and will always be found very beneficial.

It should also be remembered, that it will be proper, in any stage of the inflammation, if the general health be impaired, to use bitters, composition powders, cayenne, or any other article which may seem proper; and something warming will be more especially necessary whilst applying the cold poultice and cold water.

When the suppuration is completed, or as commonly termed, is ripe, which is to be known by the appearances

we have herein before noticed, the tumor should be opened with a lancet or other sharp instrument, and the matter pressed out; though it is thought best, by some, in very large abscesses, not to evacuate the whole of the matter at once, but by degrees. After the matter is discharged, if there be no pain nor inflammatory symptoms, the sore may be dressed with salve alone; but if symptoms of inflammation still continue, or should they at any time afterward arise, a poultice must be applied, and occasionally wetted with cold water, as before directed.

Many cases of inflammation and abscess are continually occurring, such as ordinary biles, &c., which are too trifling to require much attention in any stage; but in more serious cases, after the abscess is opened, the powers of the system should be supported, and its tone kept up by the use of bitters, composition powders, capsicum, &c., which will also promote the formation of healthy matter, a circumstance essentially necessary to the rapid healing of the ulcer.

Good healthy pus is of the consistence and color of yellow cream; without smell or taste, and in general heavier than water, with which, at the common heat of the atmosphere, it will not unite, but at a higher temperature, readily combines, with it. If the matter of the abscess is not evacuated, it is absorbed and passes into the blood, and the cavity generally becomes filled up by an operation of the vessels, termed granulation, from the new parts appearing in the form of small red grains. The cavity also becomes filled in the same manner when the abscess is opened and the matter discharged as it usually is. When this process goes on favourably, the granulations are of a florid red color, and proceed in a regular manner until the abscess is completely filled up.

Sometimes the granulations are too exuberant, and form irregular shaped masses which project beyond the surface or lips of the sore, from which circumstance it is commonly called proud flesh, and when touched is easily excited to bleeding. We have, however, never met with proud flesh in an ulcer of any kind, treated agreeably to the foregoing directions; but should it occur, a strong decoction of the



pond lily, with the addition of a little fine alum, may be applied as a wash ; or burnt alum, finely pulverized, may be sprinkled on the part. The tincture of myrrh is highly recommended by some to remove proud flesh.

When inflammation threatens to terminate in mortification, or if it has already taken place, the most active and efficient means should be adopted to check it immediately ; for the treatment of which, see under the head of mortification.

#### AGUE AND FEVER, OR INTERMITTENT FEVER.

Ague and fever is a disease of very common occurrence in low marshy countries and situations, more especially in warm climates.

Systematic writers have adopted names for this complaint according to the season of the year at which it occurs. That which occurs in the Spring, is termed vernal ; and that in the Fall, autumnal. Agues are also distinguished according to the periods between the fits. When they return within the space of twenty-four hours, they are called quotidians ; when every other day, they are called tertians ; when every third day, they are termed quartans.

Agues are often obstinate to cure, especially in warm climates, where they frequently give rise to other chronic complaints, particularly dropsical swellings, and enlargements of the liver or spleen, termed ague cakes.

An intermittent fever may be produced by any circumstance which has a tendency to depress the living power ; such as watery poor diet, great fatigue, long watching or doing without sleep, intemperance, grief, great anxiety, exposure to cold, lying in damp rooms or beds, wearing damp clothes, and breathing a vitiated or noxious atmosphere, which last is by far the most universal and common cause of this complaint,

Each paroxism of an intermittent fever is divided into three stages, which are called the cold, the hot and the sweating stages or fits.

The cold stage commences with a feeling of languor, a



sense of debility or weakness, an aversion to motion, frequent yawning and stretching, and an aversion to food. The face and extremities become pale, the features shrunk, the bulk of every external part is diminished, and the skin over the whole body appears constricted, as if cold had been applied to it. These symptoms continuing to increase, the patient becomes very cold, and universal rigors or shivering comes on; the respiration or breathing is short, frequent and anxious; the urine is almost colorless; sensibility is greatly impaired; the pulse is small, frequent and often irregular.

The continuance of this stage is extremely various, from a few minutes to several hours, when the second or hot stage comes on, with a sense of heat over the whole body, redness of the face, dryness of the skin, increased thirst, pain in the head, throbbing in the temples, anxiety and restlessness. The respiration is now fuller and more free, but still frequent; the tongue is furred, and the pulse more regular, hard and full; when, if the attack has been severe, delirium perhaps will come on.

After these symptoms have continued for some time, a moisture breaks out on the forehead and by degrees becomes a sweat, which finally extends over the whole surface of the body. As the sweating progresses, the heat abates, the thirst ceases, breathing becomes free and full, and most of the functions are restored to their ordinary state; the patient is left in a weak and wearied condition. This constitutes the third stage, and completes the paroxysm of fever.

It may, however, be remembered, that many deviations from the ordinary course of intermittents often occur. The different stages bear very different proportions to each other in different cases, both as to the time of their duration and severity. There is also a great diversity in intermittents with regard to the situation in which the patient is left, and in which he remains after the paroxysm or fit. In some cases the patient eats, drinks, sleeps, and feels well, between the fits; at other times, although there is a perfect remission of fever, he continues weak and feeble, without any appetite, and even a loathing of food, attended some-

times with a great prostration of the living powers. The stools sometimes appear natural, sometimes loose or costive, and often, especially in hot weather, presenting a dark, or what is termed a bilious appearance. The tongue becomes furred, of a white, yellow, brown or black color, attended mostly by a bad taste in the mouth.

There are also many other symptoms, and modifications of symptoms, often present in intermittents, which give a peculiar character to the complaint, and some of them evincing that the disease is of a very malignant form. Some of these are long and violent fits or paroxysms, attended with much anxiety and delirium; and when to these are added great prostration of strength, vertigo or dizziness, foetid or strong scented stools, the presence of dysentery or cholera morbus, the case may be considered as of the worst character.

The reverse of these symptoms may, of course, be considered as evidence of a mild form of disease.

Different names have been applied to intermittent fever; such as bilious fever, when there are symptoms of a redundancy of bile; lake fever; and in those cases where there is only a chill, without any or very little shivering, and the patient between the fits appears to suffer much decline of health, chill fever, or chill and fever, has, in many parts of the country, become a very popular name. But if the paroxysm commences with a shivering or shaking, leaves the patient pretty clear of disease, with the appetite not much impaired, and the functions pretty natural, the name of ague is generally applied to the complaint.

*Treatment.*—We may commence the cure of this disease, by giving the following: Composition 2 parts, prickly ash 1 part, and 1 part cayenne. A tea-spoonful of these powders, in warm water sweetened, every hour or two, until the patient perspires freely, and afterwards as often as will keep the skin in a constant moisture. If the fever is not broke in twenty-four or forty-eight hours by this course, then carry the patient through a full course of medicine, and give the bitters and cayenne, so as to keep up the healthy action produced by the course. This is of the

utmost importance : " To gain a victory over disease by a well-regulated course of medicine, is one thing, and to retain the victory, and reap the full profit of it, is quite another thing. We are very well satisfied that practitioners are more generally deficient in this point than all others. Nature presents but one avenue through which we may enter, to assist her in her endeavors to restore the lost energies of the system ; and that is, by the digestive organs. You have expelled the cold, you have cleared the system of obstructions ; and now nature, spent and exhausted, claims your fostering care and proffered assistance to restore her consumed energies." The patient, after the course, feels well, and thinks he must have rest ; his relief from uneasiness or pain, makes him feel averse to taking any more medicine, and he begs to be let alone. The nurses, fully impressed with the idea that all medicines are debilitating, forget, or are not acquainted with the plan and intention of the practitioner ; and he too may also give into the intreaties of the patient and his friends, grants their requests, and suffers nature to sink, and the disease to re-assume its empire over vitality, and nothing is gained from his exertion and the operation of the medicines. Dissatisfaction now begins to be shown by the patient and his friends ; they despair of the medicines' possessing any efficacy ; all exclaim that it has done no good ; despair is taking possession of all—a regular is sent for, who " just comes in time to save the life of the sufferer, who otherwise must have died, if five minutes delay had been granted !" and perhaps the patient dies of wrong treatment at the hand of the latter, and the catastrophe is invariably charged to the deleterious effects of the medicines taken before ; when, in fact, it is the want of it that produces these fatal effects. But suppose no other physician is called ; by the negligence of keeping up the excitement of the medicine, in spurring each organ to a healthy action—you suffer the patient to relapse, and the disease becomes more deeply rooted ; nature has less energy, and you loose your patient ! The reader must pardon this digression, but not forget what we have endeavored to impress upon their minds—namely, *the absolute necessity of keeping up the*



*use of the medicine after the course*, until health is firmly restored.

Sometimes it happens, that the patient has a severe headache after the operation of the emetic, which seems to proceed from emptiness of the stomach, or want of nourishment: and it is necessary to attend to this before the last bath.

After the patient has taken some refreshment, you must proceed to give the last bath, and then the cold dash. When he is changed, if nourishment is given before, he may now take a dose of the powders, and then take some rest. But if he has not been taking any thing previous to the bath, he should take it now. It is better not to give any food until after the course is entirely over, unless the weakness of the patient is very great, or he shall suffer for want of it. When nourishment is given before the last bath, the space of half an hour should be allowed to escape, from the time it is taken until the bath is given. It may be proper here, to remark, that when the steam-bath is administered before the patient has taken a sufficient quantity of warming medicines, it is apt to cause a rushing of blood to the head, with very distressing symptoms and we have known mischievous effects to follow the injudicious use of it, which has caused much prejudice against the system.

The medicine should be continued as before, until the appetite is restored and disease overpowered, and health again reinstated. When the first attack commences by a chill, followed by heat, and then a sweat and an intermission of the paroxysms, the same course as above must be pursued by the practitioner: in this instance he must so manage, that his patient should be under the operation of the course at the time that the chill is passed, and the hot stage also; by this means the fever will be stopped by the first operation, in nineteen cases out of twenty. But the medicines should be continued until the person is perfectly free from disease. Should the chills return after the course, it is not necessary to continue it so vigorously as in the first attack, being that it has been carried on properly, the stomach will be cleansed as well as the bowels.

We have not said any thing about evacuating the bow-



els. Costiveness is very apt to be a concomitant symptom of an attack of fever, and this has caused the almost universal practice of giving cathartics in the first stage of fever, and even by many of our practitioners. This is very incorrect, and injurious to the patient: we can say from experience and observation, that cathartics are always injurious in the first attack of a fever, or at any time in general during its course. When the bowels are to be evacuated, let it be done by injections, and in fact they should never be omitted, but be considered a part of the above treatment, which would be incomplete without them.

After a course, if faithfully given, should the chills return, at any period, the patient having continued the medicines as directed: then bitters of composition powders one part; dogwood-bark one part; prickly ash one part; and cayenne half a part: take a tea-spoonful in warm water, every three hours, until the disease is conquered, which is generally in a short time. Some practitioners have found a more convenient way of administering the above medicines, by boiling the dogwood and poplar-bark into an extract, and making a mass with this and a little slippery elm and cayenne, and administer it in the form of pills, give two pills at a dose, every third hour, followed by a dose of composition. We prefer this for common use with adults; but for children, when an infusion is to be given, we would prefer the powders above, because an infusion can be made and used as recommended.

As an auxilliary to stop chills, we have found the following also very excellent:

Take sulphate of Quinine,	60 grains.
Cayenne,	$\frac{1}{2}$ oz.
Gum Arabac,	$\frac{1}{2}$ oz.

Reduce into a mass by adding a little water, and make 120 pills; give one of these every hour, in the intermission between the paroxysm, until the patient takes from 8 to 10 pills immediately before the next chill is expected. The powder just recommended should be continued in the mean time that the pills are used. By continuing this course, we have never failed in effecting a cure in a few days, even when the disease had preyed upon the individual for months.

## APOPLEXY.

Apoplexy is characterized by a sudden diminution, or entire cessation of sense and voluntary motion, whilst the heart and lungs continue to perform their functions.

This complaint may be distinguished from palsy, by the difficult and loud breathing, profound sleep, and the entire suspension of voluntary motion ; and when to these we add the absence of convulsions, it will be distinguished from epilepsy ; and from intoxication, by the impossibility of arousing the patient by shouting or any other means, and in general by the breath not being tainted by the smell of spirits.

Apoplexy chiefly attacks individuals of advanced age ; and it has been observed, that persons of a corpulent habit, and those having a short neck and large head, and who lead an inactive and sedentary life, or make use of full rich diet, are more liable to it than those of different habits.

This disease is generally supposed to arise from compression of the brain, caused by an effusion of either blood or serum ; which has given birth to the two distinctive names of serous and sanguineous apoplexy, each of which is preceded by a different set of symptoms.

Sanguineous apoplexy sometimes comes on with giddiness, dimness of sight, drowsiness, loss of memory, or faltering of the tongue ; but it more often happens that the person is taken and suddenly falls down ; the face becomes red and swelled ; the veins of the head appear full ; the eye-lids are half closed, and the eyes prominent and fixed ; the pulse generally full and strong ; and the breathing difficult and loud. Grinding of the teeth, and slight convulsive motions, have been observable in a few instances ; and if the fit continues for any considerable length of time, the pulse becomes weak, slow, and languid ; the breathing gradually grows shorter and shorter, and finally ceases in death.

In the serous apoplexy, the attack is usually more gradual, the face becomes pale and bloated, whilst the veins are depressed ; the pulse is small, weak, irregular and intermittent ; breathing is impeded and loud, and the extre-

mities are cold. Occasionally these symptoms are preceded by giddiness, torpor, an impediment of speech and failure of memory.

Cases of apoplexy occasionally occur, in which one side of the body is more affected than the other; which are termed by medical writers, *hemiplegia*.

A patient laboring under an attack of apoplexy, sometimes lays motionless and senseless for several days, and then gradually but partially recovers. In these cases he generally suffers the loss, either partial or total, of the use of one side, as is the case in palsy; and his mind usually sustains a shock from which it rarely recovers.

*Treatment.*—In tracing the annals of medicine, we find various and contradictory modes of treatment prescribed for this frequently fatal disease. Amongst the ancients, the use of warm cordials was in high reputation: whilst physicians of the present day disapprove of stimulating the system, and recommend bleeding. This practice, however, is to be regarded of quite modern origin, as Dr. Fothergill, and many others who were eminent in their profession, either disapprove of the practice altogether, or recommend it in very sparing terms. Emetics are generally disapproved of by practitioners of the present day, from fear of augmenting the quantity of blood in the vessels of the head, though some are found who prescribe them; and, although writers generally regard them as dangerous, no instances have been recorded, that we have any knowledge of, in which they have proved injurious.

Whenever an individual is attacked with apoplexy, every thing should be removed from about the neck, which may have any tendency to compress it and prevent a free return of blood from the head; and his body, moreover, should be placed in an erect posture, with the feet hanging down. A laxative injection, composed of the butternut syrup, castor oil, hog's lard, or, in the absence of those articles, of warm water, with the fourth of a tea-spoonful of cayenne in them, should be administered as speedily as possible, and repeated at short intervals, until the bowels are evacuated.

Whilst the foregoing operations are going forward, pre-



parations should be making for steaming the patient, which should be attended to as soon as possible ; and particular care must be taken to apply the steam or heat by some means to the feet and legs. If apoplexy is caused by an over determination of blood to the head, which seems to be the most common opinion, we know of no means by which it can be diverted therefrom so naturally, and with so much certainty, as by promoting a profuse perspiration.

In steaming, we may commence, if the patient is capable of swallowing, by giving a moderate dose of composition powders or of cayenne, and then place him over the steam, which should be moderate at first, and gradually increased as it can be borne, paying strict attention to every symptom of faintness, and often wetting the face and head with the coldest water that can be procured. If the patient be incapable of swallowing, a tea-spoonful of the 3d Preparation should be poured into the mouth.

After continuing the steam for ten, fifteen or twenty, or even thirty minutes, if we have succeeded in restoring sense and motion, we may then give an emetic. When this is done operating, the patient should be again steamed, returned into bed, with hot bricks to keep up a perspiration, when a smart purge may be administered, which, with bitters and composition powders continued for a few days, will probably effect a cure. But if it does not, the practitioner may pursue such a course, in accordance with the principles which we have laid down, as his best judgment may dictate ; that is, the course of medicine must be repeated, and the bitters and composition powders continued.

#### ASTHMA.

Asthma is a spasmodic affection of the lungs, which generally comes on by paroxysms or fits, at night ; though the patient very frequently feels more or less of it through the day, with an increase of the symptoms at evening. It is attended with a frequent, difficult and short respiration, together with a peculiar wheezing, tightness across the breast, and a cough, attended with such a peculiar crackling noise, (somewhat similar to the wheezing,) that a per-



son who has seen several patients with this complaint, will readily recognize it.

When the disease is attended with an accumulation and discharge of humors from the lungs, it is called humid asthma; but when it is unattended by expectoration, it is known by the name of dry or spasmodic asthma.

An attack of asthma is preceded by low spirits, a sense of fullness about the stomach, with lassitude, drowsiness and pain in the head. On the next evening the patient experiences a sense of tightness across the breast, and of straightness in the lungs, impeding respiration. The difficulty of breathing increases, and is performed more slowly; the speech becomes difficult and uneasy; coughing succeeds, and the patient can no longer lie in bed, being, as it were, threatened with immediate suffocation. Towards morning these symptoms suffer some abatement. The breathing becomes less laborious and more full, and speaking and coughing are performed with greater ease; and if an expectoration of mucus attends the cough, much relief is experienced, and the patient falls asleep. When he awakes he feels better, though not entirely relieved; but he cannot bear the least exertion without rendering all the symptoms worse. Nor can he lie in bed, but must either be bolstered up or sit in a chair. Towards evening the symptoms again grow worse, and continue to increase until they become as violent as on the preceding night.

After some nights passed in this way, the fits become more moderate, particularly when they are attended by a free expectoration of mucus from the lungs. At last the disease goes off, and the patient is left in the enjoyment of his usual health.

Sometimes, however, the symptoms are all aggravated, and the fits continue to return for a much longer period, the patient not being able to lie in bed for weeks or months, and even years. At other times the symptoms are so mild, as to subject the patient to but little inconvenience.

*Treatment.*—There are but two articles which are supposed any where near to being specifics, or indeed that are very useful, in this complaint. The skunk cabbage, in doses of a half or whole tea-spoonful, repeated as occasion

may require, is very useful in asthma, and will often afford relief when other remedies appear to do little or no good. It acts both as an anti-spasmodic and expectorant, which gives it a double power over this complaint.

This disease may always be measurably relieved, by putting the feet into hot water, and increasing the heat until perspiration starts upon the temples and in the palms of the hands. Then take an injection of molasses and water, adding, while hot, some cayenne and a tea-spoonful of brown lobelia. But the lobelia is the grand article to be relied upon for the alleviation or cure of this distressing malady. The following plan we have invariably found successful, and do not know of a single instance in which we have ever failed. We commence by administering the 3d preparation of lobelia, in tea-spoonful doses, every 15 or 20 minutes, until we produce free vomiting, which generally affords relief, after it has operated three or four times. Then take

Skunk Cabbage,  
Pleurisy Root,  
Bayberry,  
Wake Robin—of these equal parts.  
Nervine,  
Cayenne,  
Bitter Root—half a part.

With one tea-spoonful of sal æratus, from the above draw a strong tea, and administer it in tea-cupful doses, with such a quantity of the 3d preparation of lobelia, in each dose, as the patient can bear, not to produce vomiting, to be taken every two hours, and continued until perfectly relieved. During the time of taking the above, rub the whole surface of the chest and the spine, with Shecut's Stimulating Liniment. If the patient is aged and infirm, commence with the above tea, adding such quantities of the 3d preparation to each dose, as will produce nausea, making use of the liniment as directed.

#### BITE OF MAD DOG.

The bite of a mad dog produces a disease termed hydro-

phobia, signifying a fear or dread of water, which is one of its most peculiar and characteristic symptoms. Hydrophobia is a disease which it is believed arises spontaneously in dogs, cats, wolves, foxes, &c., but from what particular cause is unknown. When the complaint has once arisen, it is communicated, often to a great extent, from one animal to another; but spreads most rapidly among dogs, and is by them imparted to other animals.

This disease can only arise in the human species from contagion communicated by the bite of a mad animal; and it yet remains doubtful whether it can pass from one person to another; but prudence will certainly dictate that we should beware of exposing ourselves unnecessarily, as an experiment of Magendie and Breschet, proved that dogs may take it by inoculation from the human subject. It has been observed, that hydrophobia is quite uncommon in hot climates, being principally met with in those which are temperate or cold.

When a dog becomes affected with madness or hydrophobia, he appears dull, seeks solitude, and endeavors to hide himself, seldom barking, but making a murmuring noise, and refusing food and drink. When strangers come in sight, he will often fly at them; but he still knows and respects his master; his head and tail hang down, and he walks as if overpowered by sleep. A bite at this period, though dangerous, is not so apt to bring on the disease in the animal bitten, as it is at a later period of the complaint. As the disease progresses, the dog begins to pant and breathe quickly and heavily; his tongue hangs out, and his mouth is continually open, from which is discharged a large quantity of froth. Sometimes his movements are very slow, and at others he runs suddenly, but not always straight forward. At last he forgets his master; his eyes are dull, watery and red; he becomes very thin or poor, and weak; he often falls down, and gets up, attempting to fly at other animals, especially dogs, and becomes quite furious. The most miserable, dejected and gloomy looking animal which we have ever beheld, was a dog under confinement in the last stages of this terrible and fatal malady. All the foregoing symptoms now become aggravated; the



dog staggers about, for he can scarcely be said to walk ; and at length, the living power being exhausted, he dies, generally on the fourth or fifth day succeeding the attack or first symptoms of the disease.

The length of time which intervenes between the bite of a mad animal and the commencement of the hydrophobic symptoms, is various ; but in dogs it is generally from five to fifteen days ; whilst in the human species it varies from one to six weeks, and even as many months. Instances are also recorded in which the patient was seized after the lapse of several years.

The symptoms of hydrophobia, in man, commence in general, with slight pains in the part which had been bitten, though it may be long after the wound was healed and apparently sound ; sometimes an itching is felt, but commonly the pain appears like rheumatism. If the wound have been in any of the extremities, the limb sometimes becomes numb or stiff ; the old scar or cicatrix looks either red or livid ; often opening afresh, and oozing forth a little colored matter. Then comes on wandering pains, with a melancholy from which scarcely any thing can rouse him ; with uneasiness, heaviness, disturbed sleep, and frightful dreams, accompanied with great restlessness, sudden startings, spasms, sighing, anxiety, and love of solitude. These symptoms continuing to increase, pains shoot from the place where the wound was, up to the throat, about which, as well as the chest, a stiffness and painful constriction are felt ; the breathing becomes difficult, with a sensation of choaking, and a horror and dread of water, and other liquids. Bright colors, a strong light, acute sounds, particularly the noise of water pouring from one vessel into another, and even a simple agitation of the air by a movement of the curtains, greatly disturb the patient, and often bring on a paroxysm of general convulsion, or otherwise greatly aggravate the painful symptoms. He is tormented with thirst, but dares not drink ; the sight or even the idea of water often making him shudder. His eyes are haggard, glassy, fixed, and turgid with blood ; his mouth is filled with a sticky saliva, in which lurks the hydrophobic poison, and he is constantly endeavoring to hawk it up, and



spits it out in every direction ; often desiring those around him to stand aside, as if conscious that he might injure them. If he attempt to drink, the moment the water or other fluid, is brought in contact with his lips, he starts back with dread and horror, although he may be suffering at the same time with great thirst. The restlessless is extreme, and if the patient attempt to lie down and compose himself, he instantly starts up again, with wild, unutterable anguish depicted in his countenance ; and in some instances there is a great struggling, with raving and furious madness ; but the living power is soon exhausted, and death, as a welcome friend, comes to relieve the unfortunate sufferer.

*Treatment.*—When we take a survey of the empyrical, the contradictory, the extravagant and the pernicious means which have been used or recommended in the treatment of this terrible malady, we are forcibly driven to the reflection that the popular practice of medicine, as taught in the schools, was nothing more than a chaos of confusion—a tissue of error, and of dangerous, unprofitable experiment ; for of all the various and contradictory modes of treatment, recommended by different authors, whether of stimulating or depleting, of relaxing or exciting, of burning or cutting, of warm bathing or cold bathing, nothing as yet is known to the learned authors of medicine, which can be relied upon as a certain cure. As Dr. Good observes, “our curative practice is still unfortunately all afloat, and we have neither helm to steer by, nor compass to direct our course. There is, indeed,” continues he, “no disease for which so many remedies have been devised, and none in which the mortifying character of vanity of vanities has been so strikingly written upon all of them.” A new era has, however, taken place in the annals of medical science ; the practice of medicine has become established upon new and correct principles ; the means of cure have been investigated and improved ; whilst at the same time the powers of the physician to control disease have become augmented and multiplied. There is good reason to believe that the lobelia inflata will be found a certain remedy for this terrific disease, as the few trials which have been made

with it, gives strong proofs of its powers, and high promise of its future usefulness.

We are all aware that the medical faculty scout at the idea of a cure for hydrophobia, as they also do at all other improvements of the healing art which do not originate with themselves. This is virtually denying that the people have any right to investigate the subject, or to administer or to receive any thing as medicine but what they sanction, or what passes through their hands. But light and knowledge, with giant strides, are marching through the world; and if the physicians will not seize and appropriate to usefulness the gifts of nature, the people will do it themselves. And it is high time the practice of medicine was taken out of the hands of the boasting, selfish, dominant professors of this most important art, and restored to those to whom it rightfully appertains, and who are principally to be benefitted by it.

If the lobelia had so often been tested by fashionable physicians, in the cure of hydrophobia, as it has been by the people, its fame would have been spread from sea to sea, and its echoes would have penetrated the deepest recesses of every civilized land. But the origin of this remedy is too humble; its adoption would eclipse the already waning glory of scientific and professional fame. It must therefore be despised and rejected. Yes, the most valuable gift of Nature's God is neglected, because the honor of a vaunting, vain-glorious profession may be tarnished by the acknowledgment of its virtues.

The first account (says a certain writer) which he ever had of the lobelia was, that it would cure the hydrophobia; and adds, although he was incredulous, he certainly should have been willing to give it a trial, from a conviction that no hazard could arise by deviating from a mode of treatment which had never been successful. But there have been several cases of this complaint, in different parts of the country, successfully treated with lobelia.

Immediately after receiving the bite of a dog supposed to be mad, the wound should be well washed with the strongest tincture of lobelia; and if the teeth of the dog

have any of them penetrated deeply into the flesh, the tincture should be forcibly thrown in with a small syringe, in order that it may reach the bottom of the wound. This washing should be often repeated until the sore is healed. At the same time we would recommend the largest doses which the patient would bear without vomiting, of the same tincture, given three times a day, for several days; or, what should be preferred, a thorough course of medicine every other day, and the tincture to be taken on the days which intervene between the courses. It will be advisable to repeat the course of medicine three or four, and perhaps six or eight times, in this way, and the tincture should be continued for a few days longer. Bitters should also be taken several times a day, during the continuance of the tincture, and perhaps for a short time thereafter.

The skull-cap has also been highly recommended, both as a preventative and cure of the hydrophobia, though it has fallen of late years very much into disrepute. Whether its character has failed in consequence of the feebleness of its powers, or from prejudices unjustly raised against it, we cannot say. It would seem from the account which is given of it by Rafinesque, that it contains many powerful chemical principles, which evince active properties. We must confess, however, that we should by far give a preference to the lobelia, because its sensible effects upon the body so much exceed those of the skull-cap; but we, at the same time, most cordially coincide in the sentiment of the author just quoted, that "we have so far presumed remedies for this dreadful disease, and it is so desirable, that it is needful to encourage, rather than to discourage, every attempt to throw light on the subject."

But if, notwithstanding the treatment, symptoms of hydrophobia make their appearance, we must have recourse to large and repeated doses of the third preparation of lobelia, on which we should principally rely. The nervine tincture which we have recommended, must also be freely used in large doses, which, with the third preparation of lobelia, will be the principal dependence in relieving the spasms. Courses of medicine must also be frequently resorted to, in which a free use may be made of the pulverized



seeds of lobelia to produce vomiting and profuse perspiration; or instead of these, we may use the third preparation to produce the same effects. This course must be rigorously persevered in, paying no other regard to the quantity of lobelia administered only to be sure to give enough to produce the desired effect. If enough is not administered to overcome the spasms, but little good will be done. And in order to do this more effectually, injections, with from two to four tea-spoonful of the lobelia, or third preparation will be highly advantageous, and should be used the more freely, and be the oftener repeated, if the difficulty of swallowing should increase.

#### BLEEDING FROM THE NOSE.

In the nose there is a considerable network of blood vessels expanded on the internal surface of the nostrils, and covered only with a thin tegument; hence, upon any determination of a greater quantity of blood than ordinary to the vessels of the head, those of the nose are easily ruptured. In general the blood flows only from one nostril; but in some cases it is discharged from both, then showing a more considerable disease.

Persons of a sanguine and plethoric habit, and not yet advanced to manhood, are very liable to be attacked with this complaint; females being much less subject to it than males, particularly after menstruation has commenced. Peculiar weakness in the vessels of the part, and the decline of life, may also be considered as predisposing causes. Great heat, violent exertion, external violence, particular postures of the body, and every thing that determines the blood to the head, are to be looked upon as its exciting causes.

Bleeding at the nose comes on at times without any previous warnings; but at others, it is preceded by a pain and heaviness of the head, vertigo, flushing in the face, heat and itching in the nostrils, a throbbing of the temporal arteries, and a quickness of the pulse. In some instances, a coldness of the feet, and shivering of the whole body, together with costiveness, are observed to precede an attack of this hæmorrhage.



*Treatment.*—In general, bleeding at the nose soon ceases, but this is not always the case: it sometimes proves very serious. When a person has bled from the nose some length of time, it is necessary to take proper means to check it. And in most cases, it may easily be done, by diverting the blood from the head, and throwing it back to the extremities and surface, and this must be effected by the usual means to equalize the circulation. The feet must be immediately immersed in a tub of warm ley water, and composition or some aromatic teas must be taken to produce perspiration.

This will generally stop it in every case. If this fail let a little cold water be applied to the nape of the neck, the head, and the face. At the same time a little of the fine witch hazel may be introduced up the nostrils by means of a probe to which a little peice of linen is fastened. If this fail, let a piece of lint rolled into a little ball, and dipped in alum water, be introduced into the nostril as far up as possible, after this a coagulum will form, and it will be stopped.

Dr. Beach says, that a few years ago, he was walking along Chatham-street in the city of New York, when his attention was arrested by a person who was bleeding freely at the nose. He stepped up to him, and rendered him such aid as was in his power, not having any suitable medicine with him. While the man was bleeding, a person rushed through the mob who stood gazing at the man, and with one of his fingers thrust up a powder into his nostrils. In a few minutes it entirely checked the bleeding. The person afterwards disclosed the remedy to a friend of his, or one of the by-standers who communicated it to the Doctor. It consisted of nothing more or less than dried or smoked beef finely grated, and which makes a very handsome brown powder. This medicine, which he kept as a nostrum, he stated had cost him \$500, and he afterwards expressed a regret when he heard that it had been communicated to a physician. Upon inquiry, the Doctor says he found the person to be no less personage than the honourable High Constable Hays, who afterwards was very communicative with him upon the subject. The Doc-

tor says he has since tried the same medicine with success. The powder must be introduced as far up the nostril as possible. The property of this article depends probably on the salt which it contains, and the mechanical agency produced, may likewise exert a beneficial effect.

#### VOMITING OF BLOOD.

By this disease we understand a discharge of blood by the mouth, generally in a considerable quantity, attended with retching and vomiting, and without its being characterized by those symptoms attendant on hæmoptysis or bleeding at the lungs.

This disease may arise from wounds, blows, bruises, or any thing which causes too great a flow of blood to this organ, from a suppression of the menses, or the bleeding piles, or it may be symptomatic of some other disease. It more generally however arises from debility, from a relaxation of certain blood vessels, &c. A vomiting of blood is readily to be distinguished from a discharge from the lungs, by its being usually preceded by a sense of weight, pain or anxiety in the region of the stomach; by its being unaccompanied by any cough; by the blood being discharged in a very considerable quantity; by its being of a dark color, and somewhat gumous; and by its being mixed with the other contents of the stomach.

*Treatment.*—If the disease arises from a suppression of the menses, let means be taken to restore them by appropriate remedies; and in all cases it will be necessary to divert the blood from the seat of the complaint to its original channels. The feet must be bathed and perspiration promoted, or restored by the free use of composition tea, &c. In this disease mild purgatives will be useful. They may be given about once a week, or according to the urgency of the symptoms. This will remove the oppression and load at the stomach, and sense of fullness which accompanies the complaint, and by its revulsive effects will heal the diseased blood vessels.

If called to suppress a copious bleeding from the mouth, it will be necessary to administer astringents. A little

common salt will often suppress the discharge, or a little alum whey. If these fail, give a decoction of beth root and witch hazel, or black cohosh, to each dose of which may be added from a half to a whole tea-spoonful of capsicum. After persevering in this manner for a reasonable time, if the symptoms do not abate, a regular course of the vapor bath and the emetic ought to be resorted to, and repeated as the urgency of the case may require. After the course, the witch hazel, beth root and cayenne, with the addition of bitters, must be continued, at longer or shorter intervals, according to the urgency of the symptoms, until the patient is out of danger.

The patient should exercise moderately, and should never fatigue or strain himself in any way. He should avoid sudden transitions from heat to cold, and he will find it serviceable to wear a strengthening plaister to the pit of the stomach, or every night to rub the whole surface of his chest with Shecut's Stimulating Liniment, the value of which is not known. His diet should be light and nutritious. The patient may drink a cold decoction of the bugle weed or water hoarhound (*Lycopus Virginicus*) for his constant drink. It is tonic and astringent.

#### SPITTING OF BLOOD.

This disease is characterized by coughing up florid or frothy blood, preceded usually by heat, or pain in the chest, irritation in the pipe, and a saltish taste in the mouth. It is readily to be distinguished from hæmatemesis, or vomiting of blood, as in this last, the blood is usually thrown out in considerable quantities; and is moreover, of a darker color, more gumous, and mixed with the other contents of the stomach; whereas blood proceeding from the lungs is usually in small quantity of a florid color, and mixed with a little frothy mucous only.

A spitting of blood arises most usually between the ages of sixteen and twenty-five, and may be occasioned by any violent exertion either in running, jumping, wrestling, singing loud, or blowing wind-instruments; as likewise by wounds, plethora, weak vessels, hectic fever, coughs, irre-



gular living, excessive drinking, or a suppression of some accustomed discharge, such as the menstrual or hæmorrhoidal. It may likewise be occasioned by breathing air which is too much rarified to be able properly to expand the lungs.

Persons in whom there is faulty proportion, either in the vessels of the lungs, or in the capacity of the chest, being distinguished by a narrow thorax and prominent shoulders, or who are of a delicate make and sanguine temperament, seem much predisposed to this hæmorrhage; but in these, the complaint is often brought on by the concurrence of various occasional and exciting causes before mentioned.

A spitting of blood is not, however, always to be considered as a primary disease. It is only a symptom, and in some disorders, such as pleurisies, peripneumonies, and many fevers, often arises, and is the presage of a favorable termination. It is said that the disease has been produced by the pricking or wounding the auditory nerve.

Sometimes it is preceded, as has been observed, by a sense of weight and oppression at the chest, a dry, tickling cough, and some slight difficulty of breathing. Sometimes it is ushered in with shiverings, coldness at the extremities, pains in the back and loins, flatulency, costiveness and lassitude. The blood which is spit up is generally thin, and of a florid red color; but sometimes it is thick, and of a dark or blackish cast; nothing, however, can be inferred from this circumstance, but that the blood has lain a longer or shorter time in the breast, before it was discharged.

An hæmoptoe is not attended with danger, where no symptoms of phthisis pulmonalis, or consumption, have preceded or accompanied the hæmorrhage, or where it leaves behind no cough, dyspnœa, or other affection of the lungs; nor is dangerous in a strong, healthy person, of a sound constitution; but when it attacks persons of a weak, lax fibre, and delicate habit, it may be difficult to remove it. It seldom takes place to such a degree as to prove fatal at once; but when it does, the effusion is from some large vessel. The danger, therefore, will be in proportion as the discharge of blood comes from a large vessel or a small one.

When the disease proves fatal, in consequence of the



rupture of some large vessels, there is found, on dissection, a considerable quantity of clotted blood in the lungs, and there is usually more or less of an inflammatory appearance at the ruptured part. Where the disease terminates in pulmonary consumption, the same morbid appearances are to be met with as described under that particular head.

*Treatment.*—For the bleeding, the same treatment pursued as pointed out under the preceding disease; in addition to which, a strong decoction of the bugle weed must be taken freely, and cold, as soon as the hæmorrhage has subsided, in order to prevent a recurrence of it, and the ordinary course pursued to equalize the circulation.

This complaint is often a forerunner of the consumption, or connected with it, and it will therefore be necessary to take such medicines as are recommended under that head, provided the above does not cure. The following is from Dr. Beach's American Practice;

#### INDIAN METHOD OF CURING SPITTING OF BLOOD.

(Communicated in a letter to the late Dr. Mease.)

The following case is a very extraordinary one; but I know the gentleman to be a man of veracity, and had this account from his own mouth. He was of a thin, hectic constitution, and labored under a troublesome pulmonary cough for some years; at last he was taken with an hæmoptoe, for which he had the best advice he could get in Maryland; but he grew rather worse under the care of two physicians who attended him for several months; and at last he was prevailed upon to put himself under the care of a negro fellow, who is the Ward of Maryland; for he has the reputation of performing some extraordinary cures, though nature has the chief claim to them. But indeed this was not the case here. In short, he advised the gentleman to go into a warm bath twice a day, and sit up to his chin in it for two or three minutes at a time, and as soon as he came out, to dash cold water several times on his breast, and to wear flannel next his skin. This me-

thod soon relieved the gentleman; and when I left Maryland, which was about seven or eight years after the cure, he remained free from his hæmoptoe, eased very much of his cough, and went through a good deal of exercise.

#### VOIDING BLOOD BY URINE.

This is rarely, if ever, a primary disease; but is commonly a symptomatic complaint, arising from some external injury by blows, bruises or a fall; by some violent exertion, as lifting a heavy weight, jumping or hard riding, or from a small stone lodged either in the kidney, or the duct for conveying the urine from thence to the bladder, and which, by its irregularity or size, wounds or lacerates the surface of the part in which it is lodged, or through which it has passed. If the blood proceeds immediately from the bladder, in consequence of a stone contained in it, it is generally accompanied by a sense of heat and pain at the bottom of the belly, and occasionally much difficulty in making water. When a discharge of blood proceeds from the kidney or urinary ducts, and is occasioned by a rough stone descending from thence to the bladder, it is accompanied by an acute pain and sense of weight in the back, and a difficulty in voiding urine.

The deposit of clotted blood at the bottom of the chamber-pot in this complaint, and its staining linen of a red color, will enable us to distinguish it from the high coloured urine attendant on many diseases.

The voiding of bloody urine denotes danger, but it is particularly so when mixed with purulent matter, as it then points out that there is ulceration in some parts of the urinary passages. Nor is the danger less when it has been produced by wounds or bruises of the kidneys. When it takes place in the course of any malignant disease, it shows a putrid state of the blood, and is often to be considered as a fatal symptom.

*Treatment.*—If the complaint has arisen as a consequence of some external injury, such as a fall or blow, a process of the vapor bath and the emetic ought immediately to be resorted to, which, if it do not stop it, should

be followed by the use of the witch hazel, beth root, or other astringents, and the process again repeated as often as necessary, until the cure is completed.

When, from the symptoms, there is reason to suspect that the complaint proceeds from a stone lodged in the kidney, ureter or bladder, the patient ought to drink freely of some mucilagenous drink, such as thick barley water, a tea of marsh mallows or elm bark, any or all of which may be sweetened with honey. Injections of the same may also be administered; and to allay irritation, the nerve powder ought to be freely used. A decoction of peach leaves, drank so as not to produce much purging, is a very useful remedy in this complaint. In case the leaves cannot be procured, the bark may be used. The bark or leaves ought always to be resorted to in cases of this kind. The agrimony has been found useful in this complaint.

#### BRUISES.

Under this head we include all injuries from blows and falls which are of so serious a character as to require medical aid.

*Treatment.*—If the injury be not severe, it may be bathed with either salt and vinegar, tincture of myrrh or No. 6; or bruised tansey or wormwood, moistened with vinegar, may be applied to it until relief is obtained.

But if the bruise be more severe, internal remedies must be resorted to, such as composition powders or cayenne pepper; and arrangements should immediately be made for applying the vapor bath, or perspiration may be promoted in any other manner. If there be much pain in the part, the application of cold water, either in a stream, or by laying on wet cloths, should be resorted to. Bleeding ought by no means to be attempted, as its tendency would be to reduce the vital power, and thereby increase the danger arising from extremely bad bruises. Promoting a profuse perspiration by the vapor bath, which may be kept up by the application of hot bricks or rocks, and occasional doses of cayenne or composition powders, is the only rational method of restoring the injured vessels of the bruised parts

to a healthy action, and preventing ulceration and mortification. If the health of an individual meeting with an accident of this kind should be poor, an emetic and thorough course of medicine ought to be administered, especially if the bruise be a severe one.

#### BURNS AND SCALDS.

Cases of this kind are often occurring, particularly among children; and as they create excruciating pain, it is of the utmost importance to apply a remedy immediately. Happily, the best remedy, and the one that affords the most speedy and grateful relief, is commonly at hand, or very readily obtained.

Plunging the injured part instantly into cold water, or if this be inconvenient, on account of the injury being on the head or body, applying a cloth wetted with cold water will afford instantaneous relief; and if applied at the instant, will prevent blistering, which is often so considerable as to cause a tedious ulcer. During the application of the cold water, the patient ought to take occasionally a dose of cayenne or composition powder, to prevent the cold application from doing an injury. If one of the extremities be burnt or scalded, the part may be immersed in cold water, occasionally withdrawing it, and again returning it when it smart. But when it is inconvenient to immerse the part in water, a cloth, folded several times, made wet with cold water and applied to the part, will answer the purpose. As the cloth becomes warm, and the injured part smart, cold water may be poured on it, or a fresh cloth applied, and continued until the smarting has ceased.

If this plan has not been adopted in season to prevent blistering, and a sore or ulcer arises in consequence of it, the slippery elm poultice may be applied after the smarting has ceased, and continued until the inflammation is out, when it should be dressed with salve until well. It is recommended by a writer, who speaks from experience, in all cases of this kind where the skin is off, to take balsam of fir one part, and sweet oil two parts. Spread this on a piece of fine linen, and apply it. It will generally effect a speedy cure.



In very bad burns or scalds near the vital parts, as on the breast or stomach, the patient ought to be taken through a course of the vapor bath and emetic, after the smarting has been checked with cold water, and, in all respects, treated as in any other bad case of disease.

## CANCER.

A cancer is an ulcer of the very worst kind, with an uneven surface, and ragged, painful edges generally spreading rapidly, discharging a thin acrimonious matter that excoriates the skin around the sore, and has a very foetid smell.

A cancer is usually preceded by a hard, or what is technically termed a scirrus, swelling of the part, especially if it be seated in a gland, such as the female breast, the glands of the arm pit, etc. And it is to the glands that cancers are mostly confined; though they are sometimes met with in the uterus, as likewise on the face, and other parts that are thinly covered with flesh, and which are at the same time a good deal exposed to external irritation, such as the lower lip, the angles of the eyes, the organs of vision, the middle cartilage of the nose, the tongue and penis.

Cancer usually begins with a small swelling in the gland, or if it be seated in some other part, such as the face, hands, etc. with a small swelling that sometimes resembles a wart or pimple, unaccompanied by pain or any discoloration of the part. It gradually increases in size and hardness, and, sooner or later, is attended with darting, twinging, or lancing pains, as if pricked with a sharp instrument, and with swellings of the veins, and an uneasy painful sensation in the vicinity of the part. Sometimes it remains in this state for a length of time, even for years, but at other times it proceeds on to suppuration with great rapidity, and forms an ulcer. Its progress will, however, depend much on the state of the person's health, and constitution, and other like causes.

During the stage of cancer of which we have just been speaking, the pains recur at very irregular intervals, sometimes longer, and sometimes shorter. This irregular re-

currence of the pains which invariably attends a true cancerous affection, depends upon causes which, as yet, remain unknown. If the cancer be seated in the female breast, and the woman be of such age that the menstrual flux has not yet ceased, she will commonly suffer a considerable increase of the painful symptoms at each return of this evacuation. The tumor will also during this period probably increase in size, in a ratio proportioned with the increased violence of the other symptoms. As the disease advances, it is very common, when the breast is the seat of cancer, for one or more of the auxilliary glands on the same side of the body, to become enlarged. When the disease approaches near to the surface, the skin which hitherto retained its natural appearance, begins to look puckered, or as if drawn together in folds. From this cause, the nipple will be sometimes so retracted or sunk, that its existence might be overlooked by a superficial observer.

When the disease advances further, the skin becomes inseparably united to the tumor, and in a little time longer, it assumes a slight degree of redness, with other symptoms of inflammation. After a while the whole surface of the diseased part puts on a purple shining appearance, and in this state continues with but little change until ulceration is about taking place, when all the symptoms become much worse, and induce a feverish action in the blood. At length it breaks out into an ulcer, and the violent symptoms experience a temporary abatement from the discharge of a small quantity of corrosive matter. In a short time the ulcer penetrates deeply into the central part of the tumor, whilst the edges appear hard and elevated. The surrounding skin assumes a livid appearance, and from the surface of the sore there is now a considerable discharge of an irritating corrosive matter, which excoriates, or as it were, scalds the skin around the sore, and is, at the same time, of a peculiar and highly offensive smell. Matter of a true purulent, or healthy appearance, is scarcely ever discharged from a cancerous sore.

If the ulceration be extensive, it will be observed that while one part of the sore is undergoing the ordinary

sloughing process, another will be found active in producing luxuriant granulations of a loose spongy nature. These different appearances or changes, sometimes alternate with each other, and in their further progress give rise to considerable hæmorrhages, from the erosion of the blood vessels. At length, from the morbid derangement which is occasioned in the functions of the lungs, when the cancer is seated in the breast, there gradually comes on a difficulty of breathing, attended with a cough, and some degree of emaciation, which symptoms are usually followed at no great distance, by a fatal termination.

Cancers in other parts of the body, usually appear first in the form of a small bluish colored pimple, attended by twinging pains, and is succeeded by a train of symptoms quite similar to those which have just been described as taking place in the female breast.

*Treatment.*—The moment any kind of tumor makes its appearance, with evident symptoms of cancer, no time should be lost in adopting the most efficient means of restoring a healthy tone of the system if the general health be impaired, and promoting the absorption of the tumor before it breaks forth into an ulcer.

To restore the general health, the common course of medicine ought to be resorted to, and repeated as circumstances require, using between the courses, a tea of pipsisway, wild lettuce, narrow dock root; and probably the sassafras will be useful, together with the bitters No. 4, and composition powders.

The cancer balsam, recommended by Dr. Thomson, may also be applied externally over the tumor, and renewed as it becomes necessary. The juice of the root of the narrow leafed dock, dried in the sun to the consistency of wax, may also be spread on paper, and applied to the part, and is said to have performed some remarkable cures. But if, after doing all that has been recommended, the tumor breaks out into an ulcer, or if it be in this state when medical aid is first called, we must not abandon the patient as being in a situation of utter hopelessness. The course of medicine should be resorted to, together with the use of the No. 4 bitters, composition powders, dock root, pipsis-

way, etc. as being the best means of changing the cancerous habit or tendency of the fluids, and promoting a healthy vigorous action in all parts of the system.

Dr. Thomson remarks, that in one case he applied a poultice of butternut shucks, to dissolve the cancerous tumor, and seemed likely to accomplish his object, when his hopes were blasted by the death of his patient in consequence of a fever.

If the ulcer be much inflamed, the common poultice may be applied, wetting it occasionally with cold water or a tea of some of the astringent articles. At each dressing, or renewal of the poultice, wash first with mild soap-suds, and then with a tea of pipsisway, wild lettuce, dock root, or some of the astringent articles. When the inflammation has abated, apply the salve, or if the tumor be not dissolved, the cancer balsam will probably be better, which ought to be continued until the cancerous tumor is entirely gone.

An ointment or salve, made by boiling the common wood or sheep sorrel in hogs lard, has been known to have a very decided influence on cancerous ulcers of the very worst kind. Or the juice dried in the sun, and applied, spread on a piece of bladder or paper, will be more powerful, and is highly recommended. The juice of the dock root, prepared in the same manner, has also been found beneficial, in numerous cases.

In case a cure of cancer is attempted before it has broken out into an ulcer, it is recommended to penetrate the skin to the hard diseased part, by the application of a caustic, made by boiling, for some time, the best wood ashes; then settle and pour off the clear ley, and boil it down to the consistence of thick tar; to this, it is recommended by some, to add a little spirits in which camphor has been dissolved, or a little honey. This caustic is to be spread on a piece of cloth, of a size proportioned to that of the cancer, and applied to it. If it becomes too painful, it may be taken off for a short time, and again replaced; and if necessary, the plaster may be renewed.

When a sufficient opening has thus been made, the wood sorrel salve may be applied, and renewed night and morning, until the cancerous tumor can be separated and remo-



ved from the sound parts. The application of this salve or plaster causes the cancerous tumor to turn black, and in some instances produces severe pain. If it becomes too severe, the plaster may be left off at night, and in place thereof apply the common healing salve or any other mild application. As a wash, to be used at all times when the ulcer is dressed, equal parts of prickly ash bark, bayberry and golden seal, steeped strong, may be advantageously employed.

If the cancer has become open, and ulceration commenced, apply the flesh of fresh killed chickens. This will extract the fever and acrimonious poison astonishingly, and become, in the course of two or three hours, perfectly rotten and corrupted with it. It should then be changed for a fresh application. This method should be continued till the poison and life of the cancer is extracted, when the whole substance of the tumor will become a dead mass, and may be taken out with ease and without pain. The chickens should be cut in half, and the flesh applied while warm. We have seen them used, in cases of fever, applied to the soles of the feet, very successfully.

Few things contribute more to the healing of foul, sordid ulcers of any kind, than keeping them thoroughly clean. This ought never to be neglected. The best application for this purpose seems to be the carrot poultice. The root of the common carrot may be grated and moistened with as much water as will bring it to the consistence of a poultice. This must be applied to the sore, and renewed twice a day. It generally cleans the sore, eases the pain, and takes away the disagreeable smell, which are objects of no small importance in such a dreadful disorder. The charcoal and yeast poultice has the same effect. In every species of open cancer, the air should be excluded as much as possible.

“No benefit can be expected from any medicine in this disease, unless it be persisted in for a long time. It is of too obstinate a nature to be soon removed, and a radical cure must be brought about by inducing an almost total change of habit, which must always be a work of time. From four months to a year, or even more may be requi-

site to perform a substantial cure ; and the patient must make up his mind, as he values his life, to persevere steadily in a course of cleansing medicines till a cure is effected, let it take what time it will.

“ Many discouraging symptoms and unpleasant sensations may arise in the progress of the cure, and they may even appear quite alarming at times, but they generally pass off in a little time, and should not be allowed to impair our confidence in a final cure.

“ Among the medicines found useful in eradicating cancer, are : yellow dock root, in decoction, for daily drink ; and also applied externally as a poultice. Also poke root in decoction and poultice. A salve composed of the expressed juice of sorrel, poke leaves or berries, and yellow dock, dried away in the sun has been highly recommended.”

#### CARBUNCLES.

Different descriptions have been given of carbuncles, by writers ; though all agree that they are a large, painful burning tumor, much inclined to mortification, and difficult to cure. It most frequently happens, however, that they commence with the formation of a hard substance in some fleshy part, often in the back or thigh, with a violent throbbing pain and burning heat. They frequently occur with old persons, or follow putrid fevers ; though they often appear without any previous disease.

A carbuncle frequently commences with a small pimple, similar in its appearance and progress to a common pimple, rising a little above the skin, and commonly contains a bloody water. At first the tumor is of a red color, with a spongy appearance, and as it advances, it becomes black and even putrid.

*Treatment.*—It is recommended to puncture or open the tumor freely, and press out the contents, when the elm and ginger poultice should be applied and renewed once in twelve or twenty-four hours. At each renewal of the poultice the ulcer must be washed with a tea of wild lettuce, prickly ash or bayberry, and then with a tea of cayenne, or No. 6, or both conjoined. This last application is neces-

sary to promote suppuration, that the head or core may be loosened and taken out.

Internally, cayenne pepper, No. 4 bitters, composition, and No. 6, may be freely taken four or five times a day or oftener as the symptoms may be, to guard against mortification. If mortification, however, should threaten or actually occur, a course of medicine must be immediately resorted to, and repeated as often as necessary until the bad symptoms abate; continuing also the other internal remedies. A poultice should likewise be made of sassafras bark bruised fine, boiled and thickened with corn meal, and applied to the part, or a yeast and charcoal poultice may be used instead of it, to prevent mortification.

#### CHICKEN POX.

This disease like the measles, small pox, and some other eruptive diseases, depends upon what is termed a specific contagion, and effects the same person but once. The eruption is sometimes preceded by chilliness, which is succeeded by flushings of the face, and heat, pains in the head and back, thirst, restlessness, and a quick pulse; whilst at other times no such symptoms are perceptible. About the second or third day the pustules or pimples, become filled with a watery fluid, which is never converted into yellow matter, as in the small pox; and about the fifth day they usually dry away and are formed into crusts or scabs.

*Treatment.*—If the case is mild, nothing further will be required than attention to diet, and an occasional dose of composition, to keep the skin moist. The patient should not be exposed to the cold, and if the bowels are costive, an injection should be administered once a day. If the skin should become hot and dry, and other unfavorable symptoms arise, an emetic should be given, or, if necessary, a thorough course of medicine. The treatment pursued in measles is equally applicable in chicken pox.

#### CHOLERA MORBUS.

Cholera morbus generally comes on very suddenly. It

usually commences with nausea and pain in the stomach, followed by severe griping and distress in the abdomen. These symptoms are immediately succeeded by vomiting and purging, which continues generally in paroxysms until great prostration follows. In the intervals between the periods of vomiting, there is great sickness and distress at the stomach. The stools are at first thin and watery, and generally tinged with bile. After the disease has continued for a short time, the evacuations are very bilious. As the disease advances, the vomiting, retching, purging and pain are severe and incessant. The peculiar feature of the complaint is a spasmodic affection of the abdominal muscles and extremities. The person is drawn up on every attack, or in every paroxysm, often causing him to scream aloud with dreadful agony. The thirst is usually very great, but almost every liquid taken into the stomach is immediately ejected. As the disease progresses, the pulse becomes small, feeble and intermitting; there is coldness of the extremities; countenance pallid, and expressive of great distress; a cold sweat breaks out, and great prostration follows.

Cholera morbus is a very common and a very dangerous disease, often proving fatal in twenty-four hours, and the malignant type of it in a few hours.

Cholera morbus is to be distinguished from diarrhœa and dysentery, by the matter which is discharged by stool being pure bile, unmixed with blood or mucus, and with scarcely any admixture of fœces. It may be distinguished from colica pictonum, or painter's colic, by the evacuations; for in the latter, although there is sometimes a considerable quantity of bilious matter thrown off by vomiting, yet the bowels remain obstinately costive.

*Treatment.*—Mild attacks of this disease may often be removed by a few doses of No. 6. As this complaint frequently arises from a sourness of the stomach, draughts of pearl-ash water, or of white ley, will commonly, if administered at the commencement of the disease, remove the difficulty. Alkaline draughts ought often to be given in all cases of this disease. Pulverized chalk, in table-spoonful doses, is said to be a certain remedy in cholera morbus.



The cholera syrup, in doses of a table-spoonful every thirty minutes, may be regarded as an invaluable medicine in this disease. The composition and nerve powder ought also to be freely given, at the same time bathing the patient's feet in warm water, before the fire, if able to set up for that purpose, and if not, rub the feet well with some stimulating liniment, or cayenne and vinegar, placing a warm brick to the feet. Flannel cloths, wrung out of warm water, may be applied to the region of the stomach, and renewed as they become cool, or what may be more effectual, a poultice of corn flour, made strong with cayenne pepper. Injections of a tea of some astringent article, with the addition of one or two tea-spoonfuls of No. 6, should often be administered; or they may be made of slippery elm, and used alternately with the others.

But in more violent attacks, or where the means just recommended fail of producing the desired effect, a regular course of medicine ought immediately to be resorted to, as delays in this complaint are to be regarded as highly dangerous. After the evacuations are stopped or relieved, care must be taken that a relapse does not take place. The patient should take of the No. 4, bitters, composition and cayenne, or cholera syrup several times a day, until he is out of danger.

It is said that an infusion of black pepper, prepared by steeping a tea-spoonful of the powder in a tea-cupful of boiling water, will often arrest the vomiting and check the diarrhoea. The dose may be repeated every half hour, or hour. But in case the stomach is so extremely irritable that nothing can be retained long enough to produce any sensible effect upon it, an emetic should be administered by injection; which may be done by putting from three to five tea-spoonfuls of a strong tincture or tea of lobelia into a tea-cupful of warm water, pennyroyal or bayberry tea, without any cayenne, and throwing it into the intestines with a syringe, which must be repeated at intervals of from ten to twenty minutes, until the stomach is sensibly affected by it.

## COLIC.

This disease commences with an accumulation of wind in the bowels, attended with a griping or twisting, which is most severe in the region of the navel. Costiveness is generally present. The pain comes on in paroxysms, followed by transient intervals of rest. Strong pressure on the abdomen affords more or less relief, which distinguishes the disease from inflammation of the bowels. Wind is sometimes forced up from the stomach in considerable quantities, and is followed by a momentary cessation of pain.

When these symptoms are attended by a vomiting of bilious matter, head-ach, bitter taste in the mouth, and yellowness of the eyes and skin, the disease is called bilious colic.

Colic is usually occasioned by improper food, or excess in eating and drinking; and if the digestive organs are in a weak or irritable state, it is frequently excited by very trivial causes.

The dry belly-ach, or painter's colic, as it is termed, is another form of the disease, which is peculiar to those who work among lead, as house painters, glaziers and potters. Persons employed in lead mines and in white lead manufactories, are extremely liable to its attacks. It was at one time prevalent in England, in consequence of drinking wine and cider into which a preparation of lead had been put to give it a sweet taste. It comes on more gradually than the other forms of colic, and is attended with severe and constant pain about the navel, which sometimes extends to the arms, legs and other parts of the body. The abdomen is hard to the touch, and somewhat tender, accompanied frequently with severe vomiting.

*Treatment.*—Medicines should be given to produce a perspiration, such as composition, cayenne or ginger, and as soon as the skin becomes moist, the pains which characterize the disease will generally subside. Stimulating injections are of great importance, particularly in painter's colic, and may be frequently repeated. The vapor bath should be administered, or instead of this, heated stones,

wrapped in damp cloths, may be placed at the feet and sides in bed. Flannels, wrung out of warm pepper sauce, or vinegar and cayenne, and laid upon the abdomen, will be serviceable in allaying the pain in the bowels. The use of nervines is indicated in this complaint, and hence a portion of nerve powder or skullcap may be employed with great advantage. If the stomach is much disordered, or the case severe or obstinate, either an emetic or a full course of medicine should be administered.

### CONSUMPTION

Pulmonary consumption is characterized by emaciation, debility, cough, hectic fever, and purulent expectoration. Some authors enumerate thirty different species of this complaint, but this distinction seems unnecessary for practical purposes.

The causes which produce this afflicting and extensive malady are very numerous. The following are the most general; Hereditary disposition; particular formation of the body, obvious by a long neck, prominent shoulders and narrow chest; scrofulous-diathesis, or state of the system indicated by a fine clear skin, fair hair, delicate rosy complexion, large veins, thick upper lip, a weak voice and great sensibility; certain diseases, such as syphilis, scrofula, the small pox and measles; particular employments, exposing artificers to dust, such as needle pointers, stone cutters, millers, &c., or to fumes of metals or minerals under a confined and unwholesome air; violent passions, exertions or affections of the mind, as grief, disappointment, anxiety or close application to study, without using proper exercise; frequent and excessive debaucheries, late watchings, and drinking freely of strong liquors; great evacuations, as diarrhœa, diabetes, excessive venery, fluor albus, immoderate discharge of the menstrual flux, and the continuing to suckle too long under a debilitated state; and lastly, the application of cold, either by too sudden a change of apparel, keeping on wet clothes, lying in damp beds, or exposing the body to suddenly to cool air, when heated by exercise; in short, by any thing that gives a

considerable check to perspiration. The more immediate or occasional causes of consumption are, hæmoptysis, bleeding of the lungs, pneumotic inflammation proceeding to suppuration, catarrh, asthma and tubercles, the last of which is by far the most general.

Dr. Johnson, in the Memoirs of the Medical Society, says, that persons employed in the pointing needles, by dry grinding them, are quickly affected by pulmonary complaints, such as cough and purulent and bloody expectoration, and that they scarcely ever attain the age of 40 years.

We are told also by Dr. Willan, in his reports, that hair dressers, bakers, masons, bricklayers, laborers, laboratory men, coal heavers and chimney sweepers are very liable to obstinate pulmonic diseases; as are likewise, in an equal degree, the dressers of flax and feathers, and workmen in the warehouses of leather sellers. Many persons thus engaged, struggle with a hard, tormenting cough, until it terminates in consumption; whereas, by a timely removal into a pure air, and having recourse to a suitable regimen, they might soon have been restored to health.

Dr. E. Smith, of Boston, has the following remarks on the causes and prevalence of this disease:

"There is no disease (says he) more alarming to the people in our country, than that which is emphatically called the *consumption*. It is considered more common than in former years, and this doubtless is true. There are at least four reasons for this:

"1. The people are more numerous than they were fifty years ago, about four to one; and allowing people died in the same proportion, this would make four to one. It is however certain that consumptive cases have increased beyond the increase of the people.

"2. A second cause of consumption is the great difference in the manner of living and dress, as respects people now and fifty years ago, particularly in females. Half a century ago people lived on common, simple, healthy food and drink, and were healthy. We sometimes find an old person, who tells us of living upon bean porridge and other food equally simple. In those days the dress of men and women was plain, and suited to the climate where they



lived, and to the different seasons of the year. At this time how different ! The fashions of the nobility in warm climates are brought to this country, and females of all classes endeavor to imitate them, until consumption follows, and death ends the short race of them. In addition to a thin dress, their clothes are tight, the natural shape is crowded upon, and it is sometimes hard for them to stoop or breathe easy. A violent cold is taken, a bad cough follows, symptoms of consumption are feared and mentioned, and at last it is seated, and the poor fashionable wife or daughter is taken away by what is called a *quick consumption*.

“ 3. A third cause of consumption is the great change in the climate within twenty years. Within that time we have cold summers, which were against the health of young people. At first, young people and others advanced in years were taken off with the spotted fever. They did not hold heat enough to withstand the cold of winter ; their blood chilled, and they died by thousands. Many who lived through, and are now grown up, are troubled with cold hands and feet, foul stomachs, colic, headach, jaundice, pain in the limbs, indigestion, or consumptive symptoms. We do not think there ever was a time when so many young people were troubled with these complaints as at the present.

“ 4. A fourth cause of the consumption is the manner in which people are employed, and the manner of treating them when sick. The employment of thousands, particularly young people, is now different from what it was forty years ago. Multitudes work in factories, and are employed where there is but little exercise ; they are obliged to continue long in a stooping posture. Others are employed in braiding straw or working over the steam of brimstone. In the straw business there are two things injurious to females ; one is, sitting so much ; the other and most pernicious is, continually putting their fingers in cold water. This, in many, cools the blood through the whole system, and they either become partially blind, dropsical or consumptive.

The manner of treating people supposed consumptive is no doubt the cause of more deaths by consumption than

any thing else. People will send for the doctor when they have a bad cough, pain in the side, foul stomach, or no appetite. They are directed to put on a blister; have an issue or seaton, be bled, take salts, calomel and jalap, take a tartar emetic puke, diet themselves or go through a course of salivation, or take mercury till their tongues are swelled out of their mouths, their lips are black, their teeth loose, and they almost dead with hunger. If all this does not cure, the last direction is to go into the country for your health. There is not a well man on earth who could go through all this treatment without being confined to his bed. After going through this process the person is commonly declared in a consumption, past all cure, and thus they die. We believe the "consumption may" as certainly be cured as any other complaint, if rightly attended to in season. The incipient symptoms usually vary with the cause of the disease; but when it arises from tubercles, it is usually thus marked: it begins with a short dry cough, that at length becomes habitual, but from which nothing is spit up for some time, except a frothy mucus. The breathing is at the same time somewhat impeded, and upon the least bodily motion is much hurried; a sense of straitness, with oppression at the chest, is experienced; the body becomes gradually leaner, and great langor with indolence, dejection of spirits, and loss of appetite, prevail. In this state the patient frequently continues a considerable length of time, during which he is, however, more readily affected than by slight colds, and upon one or other of these occasions the cough becomes more troublesome and severe, particularly by night, and it is at length attended with an expectoration, which towards morning is more free and copious. By degrees, the matter which is expectorated becomes more viscid and opaque, and now assumes a greenish color and purulent appearance, being on many occasions streaked with blood. In some cases, a more severe degree of hæmoptisis or bleeding at the lungs attends, and the patient spits up a considerable quantity of florid, frothy blood. The breathing at length becomes more difficult, and the emaciation and weakness increased. With these, the person begins to be sensible of pain in some parts of the tho-

rax, which however, is usually felt at first under the sternum, particularly on coughing. At a more advanced period of the disease, a pain is sometimes felt on one side, and at times prevails in so high a degree, as to prevent the person from lying easily on that side : but it more frequently happens, that it is felt only on making a full inspiration, or coughing. Even where no pain is felt, it often happens, that those who labor under consumption cannot lie easily on one or the other of their sides, without a fit of coughing being excited, or the difficulty of breathing being much increased. At the first commencement of the disease, the pulse is often natural, or perhaps is soft, small, and a little quicker than usual ; but when the symptoms which have been enumerated have subsisted for any length of time, it then becomes full, hard, and frequent. At the same time the face flushes particularly after eating ; the palms of the hands and soles of the feet, are affected with burning heat ; the respiration is difficult and laborious ; evening exacerbations become obvious and, by degrees, the fever assumes the hectic form. This species of fever is evidently of the remittent kind, and has exacerbations twice every day. The first occurs usually about noon, and a slight remission ensues about five in the afternoon. The last is, however, soon succeeded by another exacerbation, which increases gradually until after midnight ; but, about 2 o'clock in the morning, a remission takes place, and this becomes more apparent as the morning advances. During the exacerbations the patient is very sensible to any coolness of the air, and often complains of a sense of cold when his skin is, at the same time, preternaturally warm. Of these exacerbations, that of the evening is by far the most considerable. From the first appearance of the hectic symptoms, the urine is highly colored, and deposits a copious branny red sediment. The appetite, however, is not greatly impaired, the tongue appears clean, the mouth is usually moist and the thirst is inconsiderable. As the disease advances, the mouth and fauces put on rather an inflamed appearance, and are beset with aphthæ, or canker, and the red vessels of the tunica adnata become of a pearly white. During the exacerbations, a florid circumscribed redness appears on each



cheek ; but at other times the face is pale, and the countenance somewhat dejected. At the commencement of hectic fever, the bowels is usually costive; but in the more advanced stages of it a diarrhoea often comes on, and this continues to recur frequently during the remainder of the disease; colliquative sweats likewise break out, and these alternate with each other, and induce vast debility. In the last stage of the disease the emaciation is so great, that the patient has the appearance of a walking skeleton ; his countenance is altered, his cheeks are prominent, his eyes look hollow and languid, his hair falls off, his nails are of a lived color, and much incurvated, and his feet are affected with œdematus, or dropsical swellings. To the end of the disease the senses remain entire, and the mind is confident and full of hope. It is indeed a peculiar symptom attendant on consumption, that those who labour under it are seldom apprehensive or aware of danger ; and it is no uncommon occurrence to meet with persons laboring under its most advanced stage, flattering themselves with a speedy recovery and forming distant projects under that vain hope. Some days before death the extremities become cold. In some cases a delirium precedes that event, and continues until life is extinguished.

Pulmonary consumption is in every case to be considered as attended with much danger : but it is more so when it proceeds from tubercles, than when it arises in consequence either of hæmoptisis, or pneumonac suppuration. In the last instance, the risk will be greater where the abscess breaks inwardly, and gives rise to empyema, than when its contents are discharged by the mouth. Even cases of this nature have, however, been known to terminate in immediate death. The impending danger is generally to be judged of, however, by the hectic symptoms ; but more particularly by the foetor of the expectoration, the degree of emaciation and debility, the colliquative sweats, and the diarrhoea. The disease has, in many cases, been found to be considerably retarded in its progress by pregnancy; and in a few has been alleviated by an attack of mania, or mental derangement.

As an expectoration of mucus from the lungs may pos-



sibly be mistaken for purulent matter, and may thereby give us reason to suspect that the patient labors under a confirmed pthisis or consumption, it may not be amiss to point out a criterion, by which we shall always be able to distinguish one from the other.

The medical world is indebted to the late Mr. Charles Darwin for the discovery, who has directed the experiment to be made in the following manner :

Let the expectorated matter be dissolved in vitriolic acid, and in caustic lixivium, and add pure water to both solutions. If there is a fair precipitation in each, it is a certain sign of the presence of pus ; but if there is not a precipitate in either, it is certainly mucus. This however, is not always a sure criterion.

*Treatment.*—It undoubtedly is the case that thousands die of this disease in consequence of the mal-practice of physicians. It has become proverbial, that as soon as patients are placed under their charge, they begin rapidly to decline. Indeed, this cannot otherwise be, as the medicine they give produces the most debilitating effects, and undermines the constitution much faster than the disease itself. From the structure of the lungs, it is unquestionably a difficult disease to cure ; the constant motion of them prevents the healing or restorative process ; notwithstanding which, pulmonary consumption may be cured as well as other diseases, by judicious or skilful treatment, especially in the first stages of the disease.

Almost numberless medicines are recommended in this complaint, few of which have much claim upon our attention. The following treatment we have found very generally successful, especially in the incipient stages of the disease, and when it has failed to cure, has uniformly mitigated the complaint, and rendered the patient more comfortable, and thus prolonged his life, which is one great object of medicine.

There is no class of medicines so highly beneficial in this disease as certain kinds of emetics. Mineral agents, such as antimony and vitrol, are dangerous to administer, but vegetable, operate very different. In consequence of their action upon the thoracic viscera by sympathy, they are

valuable in consumption, acting with peculiar force and effect upon the lungs, removing the tough, viscid mucus from the air cells, and by producing absorption, by their tonic and corroborant effects, bring about a healthy state of these organs. No preparation will be found to answer a better purpose than the following: Take lobelia one part; blood root one part. From half a tea-spoonful to a tea-spoonful of this powder may be given in a tea of any kind, every other morning fasting, if the strength of the patient will permit; if there be great debility, it should be administered only once or twice a week. It may be given in an infusion of *eupatorium* or *boneset* tea, and should this not be sufficient to produce nausea and slight vomiting, a small additional quantity may be taken at each dose. This produces very considerable sickness, which is an objection with many to its use; but it must be remembered that its salutary effects depend in a great degree upon this very nauseating effect.

Without exception *lobelia* is the most diffusible, penetrating, and permanent stimulus with which we are acquainted. Its action upon the great sympathetic nerve is so immediate, that it is felt in every part of the system. This preparation seems to exert a specific effect on the stomach, lungs, and all the surrounding viscera. Emetics should be repeated according to the strength of the patient, and continuance of the symptoms. No fear need be apprehended from the shortness of breath and apparent debility that follows these emetics. Some patients can better take the following liquid form of the medicine: Take tincture of lobelia, one part; blood root one part; mix. Two tea-spoonful is a dose to be taken in any kind of tea.

In the commencement of consumption it is necessary to promote perspiration. For this purpose, give an infusion of the seneca snake root. If this should not be sufficient to produce perspiration combine with it composition powders. This determination to the skin must be kept up during the continuance of the disease; but it must be very moderate, merely a moisture of the surface. Whenever the lungs become loaded with virulent matter, or mucus, give the following medicine; Take pleurisy root one oz; blood root

one oz.; lobelia half oz.; bruise all. Add Malaga or Port wine one pint. Give one or two tea-spoonsful every time there is an accumulation in the lungs. Give as tonic and corroborant the following syrup: Take spikenard root (the root;) hoarhound the plant; elecampane root; comfrey root; of each two ounces. Boil all in rain water till the strength is extracted, then evaporate to two quarts, strain and add two pounds of sugar and two pounds of honey. Boil again to two quarts, add one gill of spirits. Give a wine glass morning, noon, evening, and bed time. This must be continued daily. This syrup will be found to possess extraordinary virtues in pulmonary consumption. It lessens the cough, removes the pain of the breast, and gives strength and energy to the system generally, and has cured many persons who have had every symptom of genuine consumption. Should this fail of removing the complaint, let the following syrup be given: Take liverwort one oz.; solamons seal two oz.; skunk cabbage two oz.; blood root half oz.; bugle weed or water hoarhound two oz. Add a suitable quantity of rain or soft water and extract the strength by boiling. Let it be reduced to two quarts, then add two pounds of sugar. Dose, a wine glass three times a day, fasting. This will be found very serviceable, particularly when there is bleeding at the lungs. An infusion or tea made of the white pine bark may be given with the above syrup. An infusion of hoarhound and boneset combined and sweetened with honey may be drank through the day and especially while taking the syrups.

Among the various means employed in the cure of consumption, inhalations are very conspicuous. A Doctor Middleton of Philadelphia, invented a machine to communicate certain powders directly to the lungs, such as gum myrrh, cicuta, &c. This machine has been tried by some, but it did not prove a remedy. Benefit was derived, the expectoration was changed in quantity and quality, and the principle of it has ever appeared excellent; but the failure apparently has consisted in the want of administering proper medicinal articles or agents. Was this machine to be used in conjunction with the treatment mentioned above, would it not prove a certain remedy for this Hydra, which



annually sweeps its tens of thousands from the earth. It is well known to every physician, that no remedies can be communicated directly to the lungs in any other manner than by inhalation through the trachea and bronchial vessels directly to them. All the benefit of other medicine must be derived by sympathy. The bowels must be regulated by mild laxatives. Let a strengthening plaster be applied on the breast and between the shoulders. They are useful from their counter-irritating and diaphoretic effects. Oysters, beef-steaks, and in short, whatever sits easy or agrees with the stomach, may be used.

*A Change of Climate or Air.*—This has sometimes performed wonders. Persons have gone from a Northern to a Southern climate, where bilious diseases prevail, and have been perfectly cured, when they have been in the last stages of consumption. East Florida, New Orleans, the West Indies, the South of France and Italy possess such peculiar temperature as to suspend or cure the disease. The soothing effect of the air has the power of healing the lungs in a most remarkable manner. Many have been cured by remaining a long time at sea and constantly breathing a pure air. Would not a three years' voyage in the South seas or Pacific ocean remove this complaint?

The following remarks from an English author on this disease are worth perusing:

Pulmonary consumption is a disease almost peculiar to a certain zone of northern latitude. A little farther to the north or to the south, the ravages of these complaints are comparatively trifling. The only natural cause to which this can with propriety be attributed, is the fluctuation of our atmospheric temperature between the confines of heat and cold. The increased frequency of pulmonic complaints which has accompanied the more general diffusion of wealth, and consequent habits of luxurious living in this country, affords, I think, sufficient proof that tender and indulgent treatment is not the best means of obviating them. What are the classes of mankind most susceptible of, and most injured by the impressions of heat and cold? Precisely those who are least exposed to their influence.



Sedentary artificers, who necessarily pass their days in close and heated chambers, are swept off in unaccountable numbers by pulmonary consumption; while sailors, ploughmen, butchers and all persons whose occupations lead them to be much in the open air, enjoy a comparative immunity from the attack of this disease. Among the native inhabitants of America, Dr. Rush informs us that pulmonary consumption is unknown; but in proportion as they adopt the arts and manners of civilized life, do they become liable to the fatal influence of this complaint.

When a wealthy parent sees a delicate child shiver at the freshness of the breeze, a natural tenderness leads him to avert this unpleasant feeling by the means he can most readily command, close apartments and warm clothing. But he thus augments that very delicacy of constitution he should endeavor to counteract. The variations of atmospheric temperature are most sensibly felt by those that are cased in the thickest clothing, as plants reared in the hot-house are least able to bear the blasts of winter. Contrast the leaden-colored visage, and the chilblain toes and fingers of the puny school boy, shivering and crawling along the street in a winter's day, with the appearance of the country lad of equal years employed all day in following the plough, the surface of his body, instead of being chilled by the cold, is roused to a state of increased vascular action; his countenance glows with the genuine hue of health, and his whole frame bespeaks elasticity and vigor. Surely from this example we might be taught the most effectual method of averting delicacy of constitution, being careful to modify the means according to the object we have to operate upon. Let the child whose wealth can command, and whose future existence is of sufficient importance to justify such attention, reside in a part of the country where the soil is chalk or limestone, and the air pure. Let him be abroad all day, and during every kind of weather, provided he is employed in active exercise. Let him be guarded against suddenly approaching, or sitting much over the fire, even in winter. Let the habit of retiring early to bed, and leaving it early in the morning, be strictly enforced. Let him wear no more clothes than are re-

quisite to guard against cold ; and plunge into the sea, or a river, for a moment, daily, during the three warmest months of summer. The phthisical habit is, in general, attended by a precocity of intellect, which it is of more importance to check than to encourage. In such instances the improvement of the mind should be considered as a secondary object, and may well be postponed till a certain share of robustness of constitution has been ensured. This kind of corporeal education is obviously incompatible with the usual discipline of schools, whether private or public, and can only be advisable where the importance of the object justifies the various sacrifices that must be made in order to attain it.

Every person suspicious of predisposition to pulmonary consumption, ought at all times, but especially in cold weather, to wear a quantity of woollen clothing, sufficient to obviate any approach to the perception of chilliness ; independently, however, of the actual presence of obstinate hoarseness or cough, I am disposed to think that the requisite quantity of flannel is more advantageously worn over the usual shirt than in immediate contact with the skin. The possibility of communicating the disease by contagion, is a point that has been much agitated. As a measure of precaution, the delicate ought to decide this question for themselves in the affirmative. Exhalation from the lungs is the mode by which infectious diseases are most generally propagated ; and from analogy, we might infer that air impregnated with the effluvia of these organs in a state of ulceration, would have a tendency to excite diseased action of a similar kind, if received into the lungs of a person previously disposed to this complaint.

If the presence of the symptoms which have already been described as characterizing this disease, renders its existence no longer equivocal, the person so affected ought without delay to migrate towards a warmer climate. Should circumstances render this expedient impracticable, the next best plan a phthisical person can adopt, is to remove into a low and rather damp situation where bilious diseases prevail. The fatal event of pulmonary consumption is uniformly accelerated by residing in an elevated re-

gion. There are even instances of phthisis making its appearance in families, previously unaffected by it, on changing their places of residence from a level to a hilly country; while, on the contrary, the inhabitants of extensive districts in low places enjoy a complete immunity from this disease. In Holland, pulmonary consumption is a disease of comparatively rare occurrence. The same situations that predispose to ague, are unfavorable to the attack of phthisis, as if these two states of consumption were incompatible with each other. The physicians of ancient Rome were accustomed to send their consumptive patients to the low and marshy land of Egypt. Cicero, the celebrated orator, who, in his youth, was threatened with consumption, as the hollow temples and sharp features of his remaining busts abundantly testify, travelled into Egypt for the recovery of his health. In this country the choice of situation is not sufficiently attended to.

We shall conclude this chapter by relating the following circumstance, which may prove interesting:

A lady retired to the country to die, being in the last stage of consumption. One morning, while sitting at her chamber window, she observed a dog, almost wasted to a skeleton, enter the garden very early, into a bed of *chamomile*, and licked the dew from the flower of the plant. After a number of days she noticed an improvement in the appearance of the consumptive animal. This induced her, as the last alternative, to imitate his example, and every morning in the same manner to sip the dew from the same bed; the effect of which was, an abatement of all her symptoms, followed by a perfect cure of her complaint.

This story may at least inspire confidence enough to induce us to drink freely of this excellent plant, if not literally to imitate the consumptive dog and lady.

Dr. Hopkins gives an account of a lady who was nearly reduced to a skeleton by the consumption. She was abandoned by the physician as incurable, and found no remedy from any source whatever. In this situation, some person advised her to take the following preparation; Take polypody, liverwort; a decoction to be taken freely through



the day. She took this medicine, and immediately began to grow better ; and after continuing it some time, it effected a radical cure, and she is now well.

The following recipe is taken from a small *medical treatise*, entitled "Dr. John Williams' Last Legacy to the World," and which may be taken with safety and advantage : Take a table-spoonful of common tar ; three spoonsful of honey ; three yolks of hen's eggs ; half a pint of wine ; mix together in a dish with a knife or spoon ; then bottle for use. Dose, a tea-spoonful morning, noon and night before eating. Drink barley tea for a constant use.

#### CONVULSIONS OR FITS.

Convulsions result from an irregular action of the muscles, and may be either partial or general. In St. Vitus' dance, for instance, the limbs only are affected, while in epilepsy the whole body is convulsed. When the muscles contract and remain stiff for a longer or shorter time, as in lockjaw, it is called a spasm ; but when the contractions and relaxations succeed each other in rapid succession, as in epilepsy, the term convulsions is employed.

The causes of this malady are various. It sometimes indicates an affection of the brain, and often accompanies other diseases. Women are subject to it during pregnancy and labor. It frequently attacks infants during the irritation of teething. It often occurs after excessive depletion by the lancet or otherwise. If a dog be bled in a small quantity for several days in succession, he will finally die in convulsions. Indigestible food, worms, intemperance in eating and drinking, and external injuries, are among the familiar causes of this complaint.

*Treatment.*—The most effectual remedy in convulsions is the third preparation of lobelia, which should be given in the dose of two or three tea-spoonsful, without delay, repeated according to the necessity of the case. In the meantime, one or two strong injections should be administered, as these have a powerful influence in quieting the irregular action of the muscles. As soon as the spasms or convulsions abate, cayenne, bayberry and skullcap, or



nerve powder tea, should be given to produce perspiration, with small doses of the third preparation to each portion of the tea taken; at the same time making stimulating applications to the feet, to such an extent as to produce a permanent impression on them, and if the symptoms require it, this should be followed by a course of medicine. If the jaws are locked or pressed together, the third preparation may be poured into the mouth between the teeth, and as soon as it comes in contact with the parts about the root of the tongue, the rigidity of the muscles will give way. If a return of the convulsions is feared, a course of medicine should be administered, and the usual tonics and stimulants employed to invigorate the system. Attention to diet, exercise in the open air, and the use of the cold bath every morning, are important in this complaint, where it has been of long standing.

#### CORNS.

These are hard, horny excrescences, growing about the joints of the toes, and sometimes, though seldom, on the sides of the feet. They are caused by pressure upon the affected part from small shoes, being exceedingly sore and painful, as well as difficult to cure.

*Treatment.*—The individual should soak his foot in warm water until the corn is softened, and then pare it off with a sharp knife, taking care not to wound the living flesh. He may then moisten a strip of bladder, or suet skin, with nerve ointment, rubbing it between the hands until it is soft and pliable, and wrap it around the toe or part affected, suffering it to remain until worn away by the shoe. The application may be repeated, if necessary. Dr. Thomson says he has seldom known this to fail in effecting a cure.

#### COSTIVENESS.

A certain state of the bowels may be either constitutional or symptomatic; generally the latter. There is a retention of the excrements, attended with hardness and dryness of the evacuations, which are often difficult, and some.

times painful. Sedentary habits are peculiarly liable to this complaint, especially those of a sanguineous or choleric temperament, or who are subject to hypochondriac affections, the gout, acute fevers or a diseased state of the liver and spleen.

Costiveness is frequently occasioned by neglecting the usual times of going to stool, and checking the natural tendency to those salutary excretions; by an extraordinary heat of the body and copious sweats; by receiving into the stomach a larger proportion of solid food than is proper for the quantity of fluids swallowed; by the free use of opium, and by taking food that is dry, heating and difficult of digestion. Drinking freely and frequently of Port wine may likewise occasion costiveness.

With the defect of stools there sometimes exist nausea, want of appetite, flatulency, pains in the head, and a degree of febrile heat.

*Treatment.*—This disease is to be obviated by an attention to diet; by observing certain regular periods for soliciting motions; and where these fail, by having recourse to laxatives. The diet of such as are of a costive habit, ought to consist much of vegetables and ripe fruit. With respect to the second object to be attended to, a habit of regularity should be endeavored to be established, by the person's going at a certain hour or hours each day, and making proper efforts for promoting an evacuation. If a natural inclination arises at any time, this ought to be encouraged.

The laxatives which are most proper for obviating costiveness, are those which afford the least irritation, but which will at the same time procure one or two motions daily. The use of every purgative medicine creates a necessity for its repetition; and by this repetition the bowels loose their energy, their delicate nerves become torpid to the stimulus of the food and drink, and the secretions formed from them. A natural discharge of the contents of the bowels ought therefore to be solicited by those of a costive habit, in preference to the habitual use of any kind of purgative whatever. The brown bread is exceedingly valuable to obviate costiveness; also, stewed apples, peaches,

and all kinds of ripe fruit are excellent. We find that most cases of costiveness arise from want of exercise, and nothing will supply the place of it; it should be punctually practised, and brisk frictions should be made upon the abdomen, and it should be daily kneaded. Wheat bread should be avoided; also, all astringent articles, spices, &c. If a costive state of the bowels is accompanied with feeble health, a few courses of medicine should be administered.

Among the various medicines which may be used beneficially in this complaint, are boneset tea, cayenne and molasses, pepper sauce, the bird peppers swallowed whole, golden seal, spiced bitters, and lobelia pills.

### CROUP.

This is an acute inflammation of the mucous membrane of the trachea or windpipe, characterized by fever, cough and hoarseness, difficulty of breathing, with a considerable degree of spasmodic affection.

The usual causes of croup, are cold, exposure to a damp atmosphere, and whatever checks perspiration. It prevails chiefly in winter and spring. The symptoms of this complaint are difficulty of breathing, and a peculiar whistling noise. It is attended with a cough, which generally increases until it becomes very troublesome. It occurs in paroxysms, which agitate the whole frame, great thirst, restlessness, and expectoration of mucus, which is raised with great difficulty. The head is thrown back in great agony, as if attempting to escape suffocation. The cough is generally dry; but if any thing is spit up, it has either a purulent appearance, or seems to consist of films resembling portions of a membrane. Where great nausea and frequent retchings prevail, coagulated matter of the same nature is brought up. There is an uneasy sense of heat over the whole body, a continual inclination to change from place to place, and frequency of the pulse. Very often the symptoms suffer considerable, and sudden remissions and exacerbations take place. In an advanced stage of the disease, respiration becomes more stridulous, and is performed with still greater difficulty and some degree of spasmodic affec-



tion being repeated at longer periods, and with greater exertions, until at last it ceases entirely.

This disease has in a few instances terminated fatally within twenty-four hours; but more generally, when it proves fatal, it runs on to the fourth or fifth day. In this disease great quantities of lymph are poured out into the trachea or windpipe, and bronchial tubes, larynx, &c. which produce the suffocation and many other symptoms attending it.

*Treatment.*—In bad cases, or violent attacks of croup, the child should have from half to a whole tea-spoonful of the tincture of lobelia given it, and repeated at intervals until relief is obtained. A tea-spoonful of composition powders should also be steeped in a tea-cup, one third full of boiling water, made very sweet of which a large spoonful, with the addition of some milk if the child be very young, should be also occasionally administered; at the same time keeping it warm to promote perspiration. If the use of these means, together with injections, does not afford the desired relief, a course of medicine must be resorted to, which will rarely fail of removing the most urgent symptoms, and commonly effects a cure. But if this should not relieve the complaint, doses of the tincture, and composition powders, should be administered, with warm and stimulating applications to the feet, until relief is obtained; or if necessary, another course of medicine may be resorted to, at the discretion of the parent or physician. The tincture of lobelia, however, will almost always relieve this most distressing and often fatal complaint. In violent cases, enough must be given to produce vomiting. Mild cases of croup may generally be removed by the onion syrup; by butter, vinegar, and honey steeped together, and by many other articles which are good for coughs or colds.

#### DEAFNESS.

Deafness is occasioned by any thing that proves injurious to the ear, as loud noises from the firing of cannon, violent colds particularly affecting the head, inflammation or ulceration of the membranes of the ear, hard wax, or other sub-



stance interrupting the sound ; to great dryness or too much moisture in the ear ; or by any circumstance which may weaken or injure the auditory nerve, by which we mean the nerve which communicates the impression of sound to the brain. In some instances it is caused by other diseases, such as fever, syphilis, &c. and in others it depends upon an original defect in the structure of the ear. In the last instance, the person is born deaf, and, of course, is likewise dumb.

It is often difficult to remove deafness, but more especially where it arises in consequence of wounds, ulcers, or inflammation of the tympanum or drum of the ear. Where it proceeds from a defect in the structure of the ear it admits of no cure. When deafness is occasioned by hard wax sticking in the ear, a little oil may be dropped into it, evening and morning ; or it may be syringed with mild soap suds, or warm milk and water, to which the application of the oil may also be added after each washing ; keeping the ear stopped with cotton or wool. If these means do not remove the wax, a little No. 6, or the third preparation of lobelia may be dropped into the ear. When deafness is caused by cold particularly affecting the head, the head should be carefully kept warm by night ; the good effects of which will be increased by taking a dose of composition powders, and sitting by the fire, previous to going to bed. Indeed, from whatever cause the deafness may originate, it will be proper to keep the head warm. If the deafness be owing to too much moisture in the ear, it should be syringed with a decoction of some of the astringent articles, first used warm, to cleanse the ear, and then cold, to brace and strengthen its internal parts. Should deafness, however, be caused by too great a dryness of the ear, by defective energy in the auditory nerve, by debility of the organs, or by a nervous affection, the application of No. 6, will be the main dependence. The administration of a few doses of the nervine tincture, might be useful ; and if the complaint resist those remedies, the occasional application of a few drops of third preparation of lobelia may perhaps be resorted to, with advantage. We have also known deafness to be much relieved by repeated courses of medicine, which

had been prescribed for the cure of other complaints; and therefore, a few courses might be tried, if nothing else appeared likely to succeed.

We will close our account of the treatment of deafness, by describing the method of using tobacco smoke, which says Doctor Thomas has been employed in some cases of severe and long continued deafness, with great success and efficacy: The mode of using it is to fill the mouth with the smoke of the strongest tobacco, instantly closing the mouth and nose, and then for the person to make all possible effort, as if he meant to force the smoke through his nose which must be prevented by holding the nostrils very tight; this forces the smoke through the Eustachian tube into the ear. These efforts are to be repeated until one or both ears give a seeming crack, immediately on which the hearing returns. This process is simple and cheap, and probably without hazard; and, therefore, may be tried by any one who chooses to do so.

#### DIABETES.

This disease is characterized by large quantities of urine, and often an involuntary discharge of the same. It is accompanied with great debility, costiveness, fever, voracious appetite, emaciation, a large proportion of saccharine and other matter which is generally voided in a quantity far exceeding that of the aliment, or fluid taken into the system. Sometimes it arises from the use of spirituous liquors; from debility; from cold; from diuretic medicines; poor diet; depressing passions; an impoverished state of the blood, etc. It is thought to be occasioned by a perverted or diseased action of the kidneys.

Diabetes makes its approaches very insiduously. The first symptoms usually complained of are lassitude, weakness, a disposition to sweating on slight exertions, and head ache. Sometimes a diseased state of the urine advances to a considerable extent, and subsists for some time, without being accompanied by any strongly marked constitutional disturbance, and occasionally even without attracting the notice of the patient. The most striking symptom of the

disease is an increase in the quantity of the urine. This varies much in different cases, and is for the most part a good index of the violence of the disease. The largest quantity which we have seen recorded as having been passed in twenty-four hours, is thirty-six pints; and it is not uncommon to find from twenty to thirty pints discharged daily for weeks, or even months together. The average quantity may perhaps be stated at twelve or fifteen pints; and it is a remarkable fact, that in many instances it exceeds the whole amount of solid and fluid. The secretion of so much urine is almost necessarily attended with a frequent desire to pass it. The patient is generally compelled to rise three or four times in the night for this purpose.

The urine of diabetes is of a pale straw color. Its smell is commonly faint and peculiar, sometimes like sweet whey or milk. Its taste is, with few exceptions, decidedly saccharine or sweet, in a greater or less degree. Even if this should not be perceptible in the first instance, it may often be detected when the urine is concentrated by evaporation. In many cases the saccharine quality of the urine is occasionally suspended; and this happens both spontaneously, and from the influence of medicine. Of the fact, that sugar is secreted by the kidneys in this disease, no doubt can be entertained. It is confirmed by the repeated experiment of chemists in all countries. The quantity of sugar formed is in most instances directly proportioned to to the degree of diuresis. If a patient passes twelve pints of urine in a day, of the specific gravity of 1035, he voids in that time above sixteen ounces and a half of solid matter. The quantity, however, is in many cases much greater than this.

Other important symptoms occur in diabetes besides those now specified. The appetite is usually much greater than in health; though digestion is seldom if ever perfect. There is uneasiness therefore in the stomach after meals, with flatulence, acid eructations, and irregular bowels. Thirst is a never failing source of complaint, and often attracts the notice of the patient before he is sensible of the true nature of the case. The skin is dry, and has a peculiarly rough and parched feel, from the total want of per-

spiration. The gums are often swelled, tender, and red; sometimes ulcerated. The breath has a sub-acid odour; the tongue is white and foul in the centre, with bright red edges; the mouth is dry and parched, and the taste depraved. The patient will generally be found to complain of some pain or sense of weakness in the loins. Phymosis and excoriations on the penis are frequently noticed. Besides these, there occur in almost all cases symptoms indicating general weakness or exhaustion, such as swelled legs, emaciation, coldness of the feet, dyspnoæ on the slightest exertion, a sense of weight at the epigastrium, with tendency to syncope, general languor, lassitude, and depression of spirits. Early in the disease the pulse is seldom affected; but in its progress hectic fever supervenes, and the pulse becomes frequent, feeble, and irritable.

The duration of diabetes is very variable. An instance is recorded where it ran its course, and proved fatal, in five weeks. On the other hand, it has been known to last for several years, and ultimately to wear out the constitution.

*Treatment.*—The common treatment in this disorder, is so various and opposite, that it is impossible to state in what it consists, except it be said in a word to be empirical. The indication of cure will be to adopt such a course of treatment as will restore the tone of the system, which must be effected by restorative medicines. If there is nothing to contra-indicate, give a mild emetic of equal parts of lobelia and ipecacuanha, and after this has operated let attention be paid to every secretion and excretion of the system. The bowels should be kept regular, the skin moist, and the feet warm. Let the patient take the following decoction: Take beth root, black cohosh, crane's bill; equal parts, pulverise, and to a table-spoonful of the powder, add a pint of boiling water, and let it be drank cool or cold through the day. It may be changed, after drinking it a few days, for the use of an infusion of chamomile. During the same time, let the following tonic preparation be taken: Take spikenard, solomons seal; equal parts; bruise or pulverise. To an ounce of this, add a quart of Port wine, and let the patient take from half a wine-glass



to a wine-glass, three or four times a day, before eating. A mild laxative should be taken to keep the bowels regular; and for the febrile symptoms and irritation, let the composition powders be taken freely, and at the same time, let the surface be bathed over with tepid water.

If after using the above means, the disease is not removed or the patient does not grow better, give three capsicum pills in the morning and three at night, to be accompanied with a free use of No. 4 bitters. A strengthening plaster to be applied to the small of the back. Should the disease still prove obstinate, the following may be taken. Take of golden seal, white wook bark, one drachm; bitter root, half drachm; cayenne, half drachm; bruise all and add two quarts of wine. Take from a table-spoonful to a wine-glassful, three times a day, the emetic occasionally repeated, and perspiration promoted, with the use occasionally of a purgative, consisting of the pulverised mandrake and cream of tartar. The tepid bath, during the treatment, should be used every other day. All these means are calculated to excite a healthy action of the system, and remove the disease by imparting tone and energy.

Diet has great influence sometimes in curing this disease. Dr. Willoughby L Lay, of Bradford, Connecticut, it is said, cured a very difficult case of diabetes, which had resisted every other mode of treatment, by means of diet, which consisted simply of broiled beef-steak, well cooked and thoroughly chewed or masticulated, without bread or vegetables of any kind, and was taken three times a day in small quantities, and very little drink. One or more physicians had previously tried in vain to cure the disease.

#### DIARRHŒA.

This disease consists in frequent and copious discharges from the bowels, accompanied by griping, and sometimes by slight vomiting. In this complaint there is evidently an increase of the peristaltic motion, which may be produced by a variety of causes, applied either to the body in general, or which may act solely upon the intestines.

Of those causes which act generally upon the body, we

may notice catching cold, which gives a check to perspiration, and thus determines the flow of the fluids to the intestines, instead of permitting them to escape by the skin; certain diseases, as teething, gout, rheumatism, fever, etc., and likewise passions of the mind. Of those causes which directly act upon the intestines, may be enumerated: first, substances taken into the stomach, and acting upon the organ by over charging it; or which from their nature, produce a morbid effect upon the stomach and intestines, such as vegetable substances which are apt to ferment and become sour, etc.; secondly, the animal fluids generated in the body, and poured into the intestines, as acrid bile, etc.

The stools in diarrhœa assume various appearances; and hence has originated many different names according to those appearances. Sometimes they are of the common color, but very loose and copious; sometimes they are of a bright yellow; sometimes white and frothy; sometimes they consist of mucus; sometimes they are quite fluid or watery; and at other times they consist of food and drink passed without being digested. We regard these different appearances of the stools, however, as matters of small consequence, as the plan of cure must be the same in all.

*Treatment.*—In ordinary cases, a cure may be effected by the use of bayberry tea and No. 6, adding a tea-spoonful or more of the latter to a tea-cupful of the former, and repeating the dose every hour until the diarrhœa is checked. The cholera syrup is also an excellent remedy. Exposure to cold should be avoided, and the feet kept warm and dry. If the disease assumes a chronic form, it will be necessary where the case is obstinate, to administer courses of medicine, repeating them once or twice a week, as circumstances may require. Between the courses, if the stools are frequent or copious, injections should be administered two or three times a day, and a free use made of a tea of bayberry, sumach, golden seal, poplar bark, and cayenne. The addition of slippery elm, to render it somewhat mucilaginous will increase its good effects. The syrup made from the root of blackberry, is useful in the chronic as well as the acute form of the disease. A tea

of prickly ash is also a valuable remedy. The patient must keep his skin moist, and by all means avoid exposure to a damp or chilly atmosphere. A rigid attention to diet, is also indispensable. If food of an improper kind passes from the stomach into the bowels in an undigested state, it keeps up the irritation upon which the disease depends, and under these circumstances, it is impossible to effect a cure, notwithstanding the most active and thorough treatment. Hence the patient should avoid the use of meat, butter, gravies, pastry, rich or unwholesome mixtures, and every thing which tends to impair the digestive functions, and subsist principally upon bland and nourishing fluids, such as unbolted wheat meal gruel, or slippery elm boiled in milk. The skin should be rubbed night and morning with a coarse towel, or flesh brush, and if the weather is cold, an occasional vapor bath, followed by an application of Shecut's Stimulating Liniment, which will prove of service. On retiring to bed, a bottle of hot water wrapped in a damp cloth should be placed at the feet.

#### DISLOCATIONS AND BROKEN BONES.

*To relax the muscles, in order that the bones may be readily reduced or put in their places.*

The world so far as we know, is indebted to Dr. Thomson for the following method of relaxing the muscles, in cases of joints getting out of place, or bones being broken. The mode which he recommends, possesses the double advantage of preventing, to a great extent, the excruciating pain which usually attends the reduction of fractures of the bones and dislocations of the joints, and of being simple and the means always at hand, or readily obtained.

He directs the patient to have a dose of cayenne pepper and nerve powder, to promote perspiration, prevent fainting, and quiet the nerves. Then having a kettle of hot water, wet a large cloth in it and apply as hot as can be borne around, and for some distance both above and below, the injured part, if it be on one of the limbs. This being done, hold a vessel under, and pour water as hot as can be

applied without pain, on the wet cloth, and so continue for fifteen or twenty minutes, when the cloth must be taken off, and the bone or bones placed in their proper position by some skilful person. If the case be a broken bone or bones it must be splintered ; but if it is a joint out of place, nothing more will be necessary than to pour cold water on the part, which will contract the muscles, and keep the bone in its proper position.

In reducing either dislocated or fractured bones to their proper place, much less skill is necessary than many suppose. Any person of common sense knows how the bones ought to be when not displaced ; and by exercising a little mechanical ingenuity, after the muscles are relaxed, he will be able to return them to their proper situation. It must also be carefully remembered not to extend the limb, as is the common practice, but bend or draw it towards the body. Any individual may satisfy himself of the relaxing effects of a bent position of the arm, by first extending one of his own at full length, then grasp it with the other hand, when he will find the flesh tense and hard. Now if he will incline his arm towards his body he will find, on grasping it again, that the muscles, are relaxed and soft. This is, therefore, the proper position for the limbs in reducing either a dislocated or a broken bone, instead of being extended, as is commonly practised by bone-setters.

#### DROPSY.

Dropsy is an accumulation or retention of serous or watery fluid in some part of the body, to which different names are given by systematic writers, according to the part of the body in which it is lodged.

When it is collected in what is called the cellular membrane, which is situated between the skin and flesh, it is termed *anasarca*, or dropsy of the cellular membrane. When the water is collected in the thorax or chest, it is called *hydrothorax*, or dropsy of the chest. When in the cavity of the abdomen, it is called *ascites*, or dropsy of the abdomen, &c.

Dropsy sometimes appears to arise from family predis-



position. It is caused by frequent salivation, or the occasional use of mercury; excessive or long continued evacuations; a free use of spirituous liquors; affections of the liver, spleen, pancreas, mesentery, &c.; it also often ensues as a consequence of other diseases, as jaundice, diarrhoea, dysentery, consumption, intermittent fevers, &c., or the sudden suppression of some accustomed evacuation, the striking in of eruptions of the skin, and by whatever has a tendency to weaken the powers of the system.

*Anasarca*, or dropsy of the cellular membrane, usually commences in the lower extremities, and first shows itself with a swelling of the feet and ankles towards evening, which by degrees ascends, and successively occupies the thighs and trunk of the body. The swelling is soft and inelastic, retaining for a time the pressure of the finger: the color of the skin is paler than usual, and in the more advanced stages of the disorder, now and then exhibits more or less of a livid hue. When the effusion has become very general, the cellular membrane of the lungs partakes of the affection, the breathing becomes difficult, and is accompanied by frequent coughing, and the expectoration of a watery fluid. The urine is scanty in quantity, very high colored, and generally deposits a reddish or pinky sediment, although in a few instances it is of a pale whey color.

These symptoms are accompanied by insatiable thirst, dryness of the skin and costiveness; the countenance becomes sallow, and there is sluggishness and inactivity, together with a slow fever. When the cellular membrane of the legs and ankles is greatly distended, the water is apt to ooze through the pores of the skin, or raise it up in small blisters. The pulse is usually small and feeble.

Pathologists in all ages have occupied themselves in enumerating the several causes from which anasarca may originate. Without following them into details, it may be useful to point out those which are most frequently observed to operate:

1. Local anasarca sometimes arises from pressure accidentally made on veins, as by the gravid uterus, swelled glands in the groins or arm-pits, or a tight garter. The

same result occasionally follows, even in healthy states of the system, from a too long continuance in the erect posture.

2. General dropsy arises from a variety of causes which concur in producing a debilitated state of the whole body, and more particularly perhaps of the venous system. Hence it is that anasarca succeeds severe hæmorrhages, (natural or artificial,) fevers and fluxes; and that it occurs so frequently in the latter stages of diabetes, pulmonary consumption, and amenorrhœa or obstructed menstruation. Under such circumstances the dropsical symptoms commence slowly, and as it were, imperceptibly. There are instances, however, in which the disease comes on suddenly, and the cause of this acute form of anasarca is various. Exposure to cold and damp has frequently been followed by dropsical swellings. We have known them to commence within forty-eight hours from the application of the exciting cause, says a certain writer. In this variety of the disease the pulse will commonly be found full and strong, with perhaps some degree of hardness. There will be present at the same time symptoms denoting an affection of the thoracic organs, tightness across the chest, with cough and dyspnœa, aggravated by exertion and the recumbent posture, and producing headach.

General anasarca arises, in the next place, from excess in the use of spirituous liquors. When the attack is sudden, this dropsy is of the arterial kind, and attended with the symptoms just described as accompanying hydroptic effusion from cold.

Another cause of anasarca is, disturbance in the uterine functions.

The only other circumstance requiring attention in anasarca, is its connection with some of the febrile eruptions. It has long been known that dropsy, particularly in the form of anasarca, occasionally follows scarlet fever. The same phenomenon is sometimes observed as a sequel of measles, small pox and erysipelas. It has been conjectured, that the dropsical tendency is here dependent on a morbid condition of the cutaneous exhalents, the consequence of the eruption; and there are sufficient grounds

for this notion. The accompanying symptoms occasionally point out some obscure affection of the heart and lungs existing at the same time. Under all circumstances, the practitioner will do well to view this form of disease as of constitutional origin, and to be more solicitous about the state of the system than of the skin.

From the remark now offered, it will appear that the pathology of anasarca is closely connected with that of hydrothorax. In many cases these forms of dropsical effusion co-exist, and the remedies are the same for both. Notwithstanding all the causes which are assigned for dropsy, it is somewhat doubtful whether this one has been yet discovered.

Is it not probable that the first cause of every species of dropsy exist in the kidneys, in consequence of their ceasing to perform their office, or failing to secrete the urine. When this is the case, it is retained or reabsorbed and taken into the circulating mass. The exhalents then pours it out in greater quantities than the absorbents can take up, consequently, serous or watery effusion, and a collection follows which we term dropsy. All know that a diminution of urine is the characteristic symptom of dropsy, and that diuretics or medicine which stimulate the kidneys to a healthy action, or cause them to secrete or separate the urine from the blood, immediately relieves or cures the disease. Does not this phenomena then explain the cause or nature of this complaint?

In those who have died of anasarca, the whole of the cellular membrane has been distended with a fluid, mostly of a serous character. Various organic diseases have occurred; and the blood is said to be altered in consistence, according to the degree of the disease. In general a cure can be more readily effected when it arises from topical or general debility, than when occasioned by visceral obstruction; and in recent cases, than in those of long continuance. The skin becoming somewhat moist, with a diminution of thirst, and increased flow of urine, are very favorable. In some few cases the disease goes off by a spontaneous crisis by vomiting and purging.

*Ascites.*—By this species of dropsy we understand a collection of water in the cavity of the abdomen. The water is generally collected in the sac of the peritoneum or general cavity of the abdomen. Sometimes it is found without the peritoneum, and between this and the abdominal viscera. Sometimes the water is contained in sacs, and connected with some of the viscera. It is then called encysted dropsy. This variety of dropsy is often preceded by loss of appetite, sluggishness, dryness of the skin, oppression at the chest, cough, diminution of the natural discharge of urine, and costiveness. Shortly after the appearance of these symptoms, a protuberance is perceived in the abdomen, which extends gradually, and keeps on increasing until the whole belly becomes at length uniformly swelled and tense. The distention and sense of weight, although considerable, vary somewhat according to the posture of the body, the weight being felt the most on that side on which the patient lies, while, at the same time, the distention becomes somewhat less on the opposite side. In general, the practitioner may be sensible of the fluctuation of the water, by applying his left hand on one side of the abdomen, and then passing on the other side with his right. In some cases, it will be obvious to the ear. As the collection of water becomes more considerable, the difficulty of breathing is much increased, the countenance exhibits a pale and bloated appearance, an immoderate thirst, the skin is dry and parched, and the urine is very scanty, thick, high colored, and deposits a lateritious sediment. With respect to the pulse, it is variable, being sometimes considerable quickened, and at other times slower than natural. The principal difficulty, which prevails in ascites, is the being able to distinguish, with certainty, when the water is in the cavity of the abdomen, or when it is in the different states of encysted dropsy. To form a just judgment, we should attend to the following circumstances: When the preceding symptoms give suspicion of a general hydrophic diathesis, or state of the system, when, at the same time, some degree of dropsy appears in other parts of the body; and when from its first appearance, the swelling has been equally diffused over the whole belly, we may generally



presume that the water is in the cavity of the abdomen. But when an ascites has not been preceded by any remarkable cachectic state of the system, and when, at its beginning, the tumor and tension had appeared in one part of the belly more than another, there is reason to suspect an encysted dropsy. Even when the tension and tumor of the belly have become general, yet, if the system or the body in general appear to be little affected; if the patient's strength be little impaired; if the appetite continue pretty entire, and the natural sleep be little interrupted; if the menses in females continue to flow as usual; if there be yet no anasarca or general dropsical affection, or, though it may have already taken place, if it be still confined to the lower extremities, and there be no paleness or sallow color in the countenance; if there be no fever, nor so much thirst and scarcity of urine as occur in a more general affection; then according as more of these different circumstances take place, there will be the stronger grounds for supposing the ascites to be of the encysted kind. The encysted form of the disease is more difficult to cure, though its progress to a fatal termination is generally very slow; and the peritoneal dropsy is mostly very obstinate, depending usually on organic diseases in the liver, or other abdominal viscera or organs.

Ascites is not necessarily connected with a collection of water in any other part of the body, but is not unfrequently combined with anasarca or hydrothorax. It commences with a tumefaction of the abdomen, which gradually increases until it is uniformly distended, and there is a distinct fluctuation perceivable, by applying one hand to the belly, and striking the opposite side with the other; the urine is diminished in quantity, and of a deep color; there is a great thirst, and more or less fever; the face is generally pale and bloated, and the breathing is difficult, when the water is accumulated in a large quantity, pressing against the diaphragm. When the disease arises in consequence of morbid affections of the liver, or any other internal viscera, the general system is frequently not much affected, but the event is always precarious. In the ascites, the water is on some occasions confined in different cysts, or in one of

the ovaria, in which case the fluctuation is more obscure ; and in the early stage of ovarian dropsy, the tumor is situated towards one side of the abdomen, and is less smooth and uniform than in genuine ascites. When, too, the water is very viscid, or when confined in hidatids, the fluctuations will be less distinctly perceived. It is often extremely difficult to distinguish between a dropsy of the belly and a state of pregnancy. When deception is intended, the most skilful physician, with all his care and attention, is liable to suffer imposition ; and on certain occasions, the character both of the physician and his patient may essentially depend on a correct decision. " Dreadful to relate !" says Dr. Parr, " the trocar has more than once, within our own observation, happily not by our direction, been plunged into a pregnant uterus." Dr. Good relates the following singular incident: " If dropsy occur at a period of life when the catamenia are on the point of naturally taking their leave, and where the patient has been married for many years without ever having been impregnated, it is not always easy, from the collateral signs, to distinguish between the two. A lady, under these circumstances, was a few years ago attended for several months by three or four of the most celebrated physicians, one of whom was a practitioner in midwifery, and concurred with the rest in affirming that her disease was an encysted tumor of the abdomen. She was in consequence put under a very active series of different evacuants ; a fresh plan being had recourse to as soon as a preceding had failed ; and was successively purged, blistered, salivated, treated with powerful diuretics, and the warm bath, but equally to no purpose : for the swelling still increased and became firmer ; the face and general form were emaciated, the breathing was laborious, the discharge of the urine small, and the appetite intractable ; till at length these threatening symptoms were followed by a succession of sudden and excruciating pains, that by the domestics, who were not prepared for their appearance, were supposed to be the forerunners of a speedy dissolution, but which fortunately terminated, before the arrival of a single medical attendant, in giving birth to an infant, that, like its mother, had wonderfully

withstood the whole of the preceding medical warfare, without injury."

In forming our conclusion in all suspicious cases, we must attend, with scrupulous exactness, to the first appearances, the progress, the form and state of the tumor, with the appearance of the breasts and other circumstances. "If the menses continue regular; if the breasts appear flat or shrivelled, with a contracted and light colored areola; and if the swelling fluctuate to a tap of the fingers, there can be no doubt of its being a case of dropsy; but if, on the contrary, the breasts appear plump and globular, with a broad and deep colored areola; if we can learn, which in cases where pregnancy is wished to be concealed, we often cannot do, that the catamenia or menses have for some time been obstructed; and if the swelling appear uniformly hard and solid, and more especially if it be seated chiefly just above the pubes, or provided it be higher, if it be round and circumscribed, though we may occasionally err, there can be little or no doubt in most instances of the existence of pregnancy. The most difficult of all cases is that in which dropsy and pregnancy take place simultaneously. It is a most distressing combination for the patient, and can only be treated with palliatives till the time of child-birth. There is also considerable difficulty in ascertaining, with certainty, whether the water is contained in the cavity of the abdomen, or whether it is an encysted dropsy. The young physician will often be embarrassed, in forming his judgment; but if the swelling, from the beginning, is equally diffused over the whole belly, the probability is strong in favor of the water being contained in the cavity of the abdomen. But if, at its commencement, the tumor and tension appear in one part of the belly more than another, we have much reason to suspect an encysted dropsy.

The urine being little diminished, or becoming more copious; the swelling of the abdomen subsiding; the skin ceasing to be dry; the strength originally little impaired, and the respiration becoming free, may be regarded in a favorable light. On the contrary, intense local pain, great emaciation, sympathetic fever, the disorder having been in-



duced by a diseased state of the liver, or other abdominal viscera, are to be looked upon as very unfavorable circumstances. Dropsy of the encysted kind generally terminates, sooner or later, in the destruction of the patient.

*Hydrothorax.*—By this disease, we understand a collection of water in the pericardium, or in the cavities of the thorax. Sometimes it is diffused in the cellular texture of the lungs without being deposited in the cavity of the thorax. Occasionally the water is enveloped in small cysts of a membranous nature, known by the name of hydatids, which apparently float in the cavity, but generally they are connected with, and attached to particular parts of the internal surface of the pleura, a membrane lining the chest.

The causes which give rise to the disease, are pretty much the same with those which are productive of the other species of dropsy. In some cases, it exists without any other kind of dropsical affection being present; but it prevails very often as a part of more universal dropsy. Bleeding and mercury may be reckoned among the most common causes of this complaint by the debility and effusion they occasion. Also, inflammation of the lungs, liver, or any other neighboring viscera. Most liquors, ardent spirits, and whatever tends to produce debility or serous effusion may cause it.

Hydrothorax, or dropsy of the chest, often comes on with a sense of uneasiness at the lower end of the sternum or breast-bone, accompanied by a difficulty of breathing, which is much increased by any exertion or motion, and which is always most considerable during night, when the body is in a horizontal posture. With these symptoms there is a cough, that is at first dry, but which, after a time, is attended with an expectoration of a thin mucus. There is likewise a paleness of the complexion, and an anasarca swelling of the feet and legs, together with a considerable degree of thirst, and a diminished flow of urine; occasionally the face swells, and pits upon pressure, especially in the morning; and these signs of disease are accompanied by debility and loss of flesh. Under these appearances, we have just ground to suspect that there is a collection of water in the chest. The symp-



toms which have been described gradually increase, but their progress is slow, and a considerable time elapses before the disorder is fully formed.

The difficulty of breathing at length becomes excessive. The patient can seldom remain in a recumbent posture for any time, and the head and upper part of the trunk must be supported almost erect. The sleep is frequently interrupted on a sudden by alarming dreams, out of which the patient quickly starts up in bed, with a sense of impending suffocation. Convulsive efforts of the muscles, subservient to respiration, resembling an attack of spasmodic asthma, with violent palpitations of the heart, generally accompany the paroxysms, which are also frequently excited by the most trifling voluntary motion, or by a fit of coughing. When afflicted with these distressing symptoms, the patient is under the necessity of continuing erect, with his mouth open, and he betrays the utmost anxiety for fresh air. His face and extremities are cold; the pulse, with little exception, is feeble, irregular and intermits in a degree seldom experienced in other diseases, and a pain or sensation of numbness frequently extends itself from the heart towards the insertion of the deltoid muscle of one or both arms. Excepting a livid hue of the lips and cheeks, the countenance is pale, and indicates a peculiar anxiety and ghastliness of appearance, and, together with the upper parts of the body, is usually covered with a profuse clammy sweat. Drowsiness, coma, or delirium, occasioned by the difficult transmissions of the blood through the lungs, and want of sleep, frequently attend the latter periods of hydrothorax, and from the same cause the expectoration is sometimes bloody. Now and then a sensation of water floating about can be distinctly perceived by the patient, on any sudden change of posture.

Dr. McClean, who wrote a treatise on Hydrothorax, thus accurately gives the symptoms of this disease :

“The respiration is more or less affected in every case. It is sometimes quick, hurried, anxious and irregular; while at others it is slow and laborious: at times it is performed with a peculiar wheezing noise, as if the air were passing and repassing, with difficulty, through a narrow

straitened, or as one of my patients expressed herself, through a metal tube. In hydrothorax, the patient cannot lie down for half a minute in the worst cases and most advanced periods. But although in some instances the patient be able to lie down without inconvenience, he is often suddenly roused, soon after going to sleep, by a most distressing sense of suffocation, oppression and extreme anxiety about the chest, attended with palpitation; and if able to walk, he probably runs to a window for fresh air, and makes several laborious inspirations before he recovers his ordinary breathing. Under these most distressing paroxysms, the face is generally livid, and even black; and, together with the neck and chest, is covered with profuse sweats, appearing in large drops, which are generally followed by a remission of these symptoms, but not that complete intermission which succeeds the asthmatic paroxysm. The intellectual functions are, under these circumstances, much disturbed; the patient talking incoherently, and laboring under temporary delirium, which subsides with the paroxysm. As the disorder advances, he is thus immediately attacked on attempting to lie down; so that at length he is obliged to seek repose on a chair or bed, supported by pillows, in a sitting posture, sometimes with the chest inclined forward: even in this situation, as the quantity of water increases, he is suddenly awakened by similar sensations, and dreading the repetition of this alarming symptom, he has no natural refreshing sleep, though he be overcome by constant drowsiness and stupor."

There is commonly greater difficulty of lying on one side than on the other; this depends on the site, diffusion and quantity of the water; if confined entirely to one side, the patient can only lie on this. The countenance is much changed in hydrothorax; the lips, nose, eyelids, and those parts of the face that are usually florid, become livid; while the rest of the face is pale and sallow, and the whole exhibits an expression of extreme anxiety and suffering. The urine is commonly scanty and high colored, and deposits, on cooling, a copious deep pink, or yellowish branny sediment. In a few instances the urine is of a dark, dusky brown hue, without sediment, but with an oily film on its

surface. Cases occur in which the urine does not deviate from the natural state till toward the advanced stage. In idiopathic or primary hydrothorax, the disorder sometimes makes considerable progress before the determination to the kidneys is sensibly diminished, or before the quality of the urine is altered. Palpitation of the heart, irregularity and intermission of the pulse, may be regarded as among the most frequent attendants on hydrothorax. But these symptoms are much varied in different cases; and we know that, in some instances, they are not present.

The palpitation of the heart and inequality of the pulse, may either precede, immediately attend, or succeed the watery effusion; and it is of consequence to ascertain the time of their appearance. If they precede the symptoms of serous accumulation, especially in old age, or after acute inflammation of the chest, it may be inferred they arise from one or other of the organic affections of, or near the heart; but if they commence about the same time with, or soon succeed these symptoms, it may reasonably be concluded they are owing to the pressure of the water on the surface of the heart and lungs.

At some period or other of the disease, the extremities become more or less œdematous. "The anasarca limbs of genuine hydrothorax are colder and more livid than those of common anasarca; and this will be found proportioned to the degree of interruption of respiration. Being suddenly roused from sleep by a sense of suffocation, is so frequent a symptom as to have been deemed diagnostic. This symptom, like every other, individually considered, affords no positive evidence of the presence of water; but when united with the other leading ones mentioned, however obscurely marked these may be, it ought to remove every doubt as to the nature of the disease."

Besides these, more essential to the disease, there are other symptoms of frequent occurrence, as cough, dry or humid expectoration of blood, and pains in different parts of the chest. With regard to external tumor, and fluctuation of water, he remarks, that a tumor, elevation or inequality of some parts of the chest may sometimes be observed; or if the body be exposed to view, one side ap-



pears larger than the other. This swelling is more frequent, and sometimes very considerable, about the epigastrium, than any other part. In some cases, it is occasioned solely by the descent, or protrusion of the diaphragm, occasioned by the water; in others, by the liver being thrust downwards and forwards from its natural seat, either in a sound, but more generally in a diseased state, by the same cause. The fluctuation is regarded as merely a symptom of the imagination. "But though it cannot be either heard or felt against the fingers by the usual test used in dropsy, yet the patient sometimes observes that he has the sensation as if water were contained in the chest, passing from one side to the other in turning, or as if the heart were moving in a fluid."

The natural functions are variously disordered in the progress of hydrothorax; the appetite and digestion are sometimes impaired; the tongue foul and furred; and the bowels are various, but generally bound. The pressure of the water on the œsophagus, has sometimes occasioned a distressing difficulty of swallowing. Stupor and drowsiness are not uncommon attendants. In a few instances, delirium, and even mania, has been observed. The blood is dark, the crassamentum is loose and soft, the proportion of serum is large, and the inflammatory buff is rarely, if ever to be seen upon it. Every part of the body shows, in a striking manner, the effect of this morbid change of the solids and fluids. Not only those parts the most distant, but the nearest to the heart, feel the influence of a languid and irregular circulation of dark venous blood. The whole surface is cold and chilly, except under the circumstances mentioned above, when profuse sweats break out on the upper parts of the body; the natural perspiration is diminished, and the sweat is with difficulty excited by sudorific medicines.

The progress of hydrothorax to a fatal termination is, it is remarked—"Regular and uniform, when art has not interposed her salutary aid; and this has been too generally the case under medical treatment, in so much that it is numbered among the incurable diseases by most medical writers. In consequence of the increased pressure of the



accumulated fluid on the heart and lungs, the patient may be said to be suffocated ; or he dies apoplectic, from the pressure of dark venous blood on the brain, not unfrequently accompanied with serous effusion, either on its surface or in its ventricles ; so that death in this disease is sometimes analagous to that from drowning or hanging. The fatal event is generally sudden, and sometimes unexpected—probably when there appears to be a momentary interval of repose ; frequently during or after a meal, or any sudden bodily exertion.”

The precise seat of the fluid in hydrothorax it is not always easy to determine ; and more especially it has been found difficult to ascertain those symptoms which are peculiarly indicative of dropsy of the pericardium, or the investing membrane of the heart. It is sometimes somewhat difficult to distinguish this complaint from some others nearly allied, or somewhat similar, such as *lingina pectoris*, asthma, organic affections of the heart, aneurisms and diseases of the liver ; but by a close attention to the symptoms which have been pointed out, we shall be able to distinguish between them with great accuracy.

When the following diagnostic symptoms are present, there can be no doubt of the real nature of the complaint.

1. In dropsy of the chest, there is a tightness and sense of fulness across, or in, the chest.
2. A pain at the bottom of the sternum or breast bone.
3. Palpitation of the heart.
4. Difficulty of laying in a recumbent position with a sense of suffocation in such a situation.
5. A diminution of urine, and which is of the color of brown beer or brandy.

Unfavorable symptoms :

1. Palpitations of the heart, steady and constant, appearing early, not subsiding on rest, or on the evacuation of the water, together with a pulse in every way corresponding.

2. Dyspnœa, or difficult breathing, continuing, with more or less violence, under similar circumstances, and threatening suffocation on attempting to lie down, or on any sudden motion.

3. Severe pains of the chest, especially about the seat of the heart, or in the direction of the large arterial trunks, and continuing with little or no intermission.

4. The disease suddenly supervening to inflammation of the lungs, or other acute inflammatory affections of the chest, particularly if these have been neglected in the beginning, or if immoderate bleedings or drastic purgatives have been used in their advanced stages.

5. The disease coming on in constitutions previously exhausted by intemperance, especially by a constant career of tipling or dram drinking; by the long continued operation of the depressing passions; in very advanced periods of life; or from extreme bodily weakness or exhaustion in any age.

6. Schirrous enlargements, or irregular knotty indurations of the liver, with confirmed jaundice.

7. Distortion or malformation of the chest.

Favorable symptoms:

When the disease commences its attacks under circumstances the reverse of those mentioned; when there is no reason to apprehend the presence of visceral affection of any magnitude; and when all the unpleasant symptoms gradually recede as the medicines begin to act upon the kidneys, we may venture to hold forth sanguine hopes of a happy issue, provided the treatment be directed by skill and judgment, and pursued with unremitting attention for a due length of time.

*Treatment.*—The object to be aimed at in the treatment of dropsy is to evacuate the water, and then to increase the vigor and tone of the system, so that its future accumulation may be prevented.

To answer the first intention, thorough courses of medicine should be administered, and in order to assist in carrying off the water, the application of the vapor bath, or steaming, must be long continued, and every means adopted which may have a tendency to promote a free and copious perspiration.

Dr. Thomson, who has treated this complaint, with a success surpassing by far any former example, informs us that he sometimes took dropsical patients through three

courses of medicine in two days, and in ordinary cases, a course every day. We would recommend the same mode of treatment, or at least the use of the vapor bath, if not a full course of medicine. No other means equal to the vapor bath can be used to remove the water, and when to this is added the whole course of medicine, we have the double advantage, of discharging the water from the cellular tissues, and of increasing the vigor of the system. In the intervals between the courses, the powers of the system must be sustained by the use of the spice or No. 4 bitters, which may be taken three times a day, in tea-spoonful doses, and the composition powders or cayenne and bayberry twice a day, in similar portions. Cathartics have been known to produce a good effect in dropsical cases, and may, therefore, be resorted to occasionally, if found beneficial; for this purpose, some of the purgative preparations, hereafter mentioned, may be used. But whether purges are resorted to or not, the utmost attention should be paid to keeping the bowels open by the daily use of injections, if necessary; and the skin should be rubbed briskly every night and morning with a coarse towel, or flesh brush. The diet should be light and nourishing, avoiding those articles of food which tend to constipate the bowels, or weaken the digestive organs. In order still more to facilitate the removal of the water, we may use such remedies as increase the discharge of urine, and thereby diminish the amount of fluid in the system. Among these, are cleavers, juniper berries, and wild lettuce. Dr. Thomson says he cured a patient by giving a tea of wild lettuce, without any other remedy. We have found the following preparation to answer a very good purpose. Take of juniper berries, bruised or pounded, a table-spoonful; poplar bark, cayenne, bayberry, and nervine, each a tea-spoonful; green lobelia, half a tea-spoonful, more or less; boiling water a pint and a half: steep, and sweeten to suit the taste. This tea may be kept warm by the fire, and the whole of it taken in the course of twenty-four hours. Four or five cayenne pills after each meal, will be found beneficial. Advantage will also be derived from the daily use of the vapor bath, as previously mentioned, remaining in it for half

an hour, or an hour, so that the patient may perspire freely. After the bath, the surface should be well rubbed with pepper sauce, vinegar and cayenne, or Shecut's Stimulating Liniment. In dropsy of the abdomen, it should be swathed with flannel, and moistened two or three times a day with pepper sauce, or some other stimulating application.

Dropsy is a disease that has always been looked upon as fraught with great danger, and the result of medical aid, has only served to confirm the just dread that is entertained with regard to this complaint. Our remarks thus far, upon the treatment of the disease under consideration, apply to dropsies in general, but in view of the character of the disease, and the want of success generally, in treating the same, we subjoin a number of remedies, in the after part of this work, which we recommend with confidence. We have had the satisfaction, in several instances, of performing a perfect cure after the regular treatment had been used in vain. If in acites, or dropsy of the belly, the abdomen is greatly distended with fluid, and there is no prospect of its removal through the medium of absorption, it is advisable, after a fair trial has been made by courses of medicine, to perform the operation of tapping.

To perform this operation, an instrument termed a trocar is employed in a very simple manner. It is about three or four inches long: either flat or round. On one end is a handle, and the other is made very sharp. The part between the handle and edge, is covered by a silver tube which is in size just sufficient to admit the trocar into it.

To perform the operation of tapping, the patient may either sit in a chair, or lie on the edge of the bed, when a long cloth or towel should be passed round the upper part of the abdomen, and be securely fixed behind, by an assistant; this presses the fluid downwards, and at the same time gives support to the diaphragm, preventing its sudden descent, which would otherwise be very apt to produce fainting. The operator seated in front on a low chair, takes the trocar, previously smeared with oil, in his right hand, and holding the handle firm in his palm, he places on



the tube his forefinger, which not only prevents the trocar entering too far, but also serves as a guide to the instrument. The point of the trocar is then to be applied to the abdomen, about one inch and a half below the navel, in the linea alba, and steadily pushed through the skin and muscles of the abdomen, giving it a slight half kind of rotary motion, (turning first a little one way and then the other,) as it is pushed forward. Its entrance into the cavity of the abdomen is rendered evident by the cessation of resistance, which the operator will be sensible of immediately on the point of the instrument entering the abdomen, when he must desist from further pushing it forward.

The operator then, with the thumb and forefinger of the left hand, gradually pushes forward the tube of the trocar, while with the same fingers of the right, he withdraws the trocar, leaving the tube for the water to flow through, which may be received in some proper vessel, which must be at hand to receive it. As the water continues to flow, the towel or cloth which is around the abdomen, must be drawn proportionably tighter. Should the tube become stopped by lymph or the caul, it must be removed by a blunt probe.

The water being evacuated, the tube is to be taken between the thumb and fingers of the right hand, and slowly withdrawn, while with the fingers of the left, the edges of the wound is forced together. A pad of lint should be placed over the wound and a broad bandage applied round the abdomen to give sufficient compression to the bowels, and which may also in some measure prevent an accumulation of the water.

The water being now evacuated, every effort should be made to increase and keep up the vital force of the system, and restore the tone of the organs. To prevent the reaccumulation of the water, diuretics will be very useful, and the vapor bath, or a full course of medicine, should be resorted to and faithfully persevered in, until health is fully restored. The tone of the organs may be improved, as heretofore noticed, by the use of the bitters and composition, or cayenne and bayberry; and to promote the flow of the urine, the bitters may be taken in cider if it can be procur-

ed, a dose of which may be put into such quantity of warm cider as the patient can drink at the time. If the operation of tapping is performed a second time, the puncture should not be made in the same place, as the intestines sometimes form an adhesion at this point, and are in danger of being wounded.

#### DROWNING.

When a person is immersed in water, the breathing is entirely interrupted ; hence the living stimulus derived from the air, is cut off, and life is very soon extinct. But the living machinery does not immediately become so much impaired, or, in other words, the organs do not so lose their tone but that on the application of suitable stimulants, the wheels of life may again be put in motion, and vitality restored.

In drowning, the person struggles violently, and attempts to inhale air, but soon forces the little which may remain in his lungs out, and bubbles rise to the surface of the water ; the struggles then become more violent, the person rises to the top of the water, and inspiration is again attempted ; he then sinks, and the air is expelled from the lungs. During these struggles a small quantity of water is swallowed ; the pupils of the eyes become dilated ; the eyes protrude and are glassy ; the tongue and gums assume a leaden or livid color, and death follows generally in the space of from one to four minutes. Whilst these circumstances are taking place, the circulation of the blood becomes gradually more slow and feeble, and great anxiety is felt about the front of the breast ; and after a short time convulsive spasms arise, the organs of respiration cease to act, and the person expires ; soon after which the skin becomes purple, particularly about the face and neck.

It is supposed by most persons that in the act of drowning, the lungs become filled with water ; but experience has shown that this is not the fact ; the quantity being found, upon examination by dissection, to be very inconsiderable.

Dissections of drowned persons do not show that any of the organs essential to life are injured ; but that the right

cavity of the heart, together with the veins and arteries leading to and from that cavity are filled with blood, whilst every other part of the blood vessels is almost entirely empty. Livid and dark brown spots on the face, with great rigidity and coldness of body, a glassy appearance of the eyes, and flaccid state of the skin, are said to denote a perfect extinction of life; but the only certain sign is the actual commencement of putrefaction; and therefore, in all cases where this symptom is not present, and we are not acquainted with the length of time the body may have been under the water, every exertion should be immediately made for restoring it to life; because for ought we know, the machine may only be stopped, and nothing more may be necessary than to give it a new impulse, to enable it to renew its functions.

*Treatment.*—Immediately on taking the body of a drowned person out of the water, it should, in the most easy and speedy manner, be conveyed to the nearest convenient, or suitable house, stripped of the wet clothes, and wiped dry with warm linen or flannel, when it should be laid between blankets made warm by the fire or with a warming pan. During this, if there be no fire in the room, one should be made sufficiently large to warm the apartment thoroughly, minding also to admit enough air to keep the atmosphere pure and fresh.

Care should be taken both in conveying the body to the house as well as afterwards, not to let the head hang either back or forward, but to keep it in the most natural position; and so soon as possible, an injection must be administered, composed of warm water, or of pennyroyal, or any other warm tea, to either of which must be added the fourth of a tea-spoonful of capsicum, and the same quantity of the pulverized seeds or the tincture of lobelia, and a tea-spoonful of No. 6. This must be kept in the rectum for some time, by the application, if necessary, of a cloth or by some other means. The injection should be repeated at such intervals as may be judged necessary by the physician or other skilful attendant.

Whilst some of the assistants are attending to what has been advised, others should be preparing the necessary



means of applying the steam bath as expeditiously as possible. To do this, place three or four chairs side by side, over which a thick blanket must be spread in such manner as to allow it to reach the floor ; two small spiders, kettles, tin pans, or any other convenient vessel, containing a small stone previously made hot, and enough hot water to make a moderately warm steam, must be placed under the last named blanket which will confine the vapor to the body of the drowned person, or the steam may be conveyed, by means of a pipe, from a kettle of boiling water on the fire. And in order to facilitate its application to the whole surface of the body, the blanket should be held up by the assistants loosely from it.

It must be carefully borne in mind, not to increase the heat of the steam too suddenly, or the patient may by this means be lost, even after the symptoms of life have made their appearance. The steam should at first be but moderately warm, and gradually and slowly increased, as the signs of returning life successively make their appearance. After the body has been placed over the steam, as just described, another dose, consisting of a half or whole tea-spoonful of the third preparation of lobelia should be administered, and repeated at the discretion of the physician and other discreet attendant. Blowing into the lungs, and then pressing on the abdomen to force the air out again, so as to imitate, as near as possible, the natural breathing, is much recommended by most authors ; but the practice of doing this with a bellows, is highly disapproved of by Dr. Thomson, who has been very successful in resuscitating drowned persons. Bleeding, which has also been customary, should not be permitted ; as likewise the old custom of rolling the patient upon a barrel, or upon the ground ; of violently shaking, or carrying him on the shoulder of another person, with the head hanging down : because either has a powerful tendency seriously to injure the patient.

The signs of returning life are, according to Dr. Thomson, a muscular motion about the eyes and in the extremities ; to which may be added, water and froth issuing from the mouth and nostrils ; feeble, irregular and convulsive



efforts to breathe, and gasping. The pulse beats at intervals, and is small, quick and weak; the face becomes less livid, and is sometimes distorted or violently convulsed; a rumbling is heard in the bowels; and by degrees the breathing becomes free, and the pulse more regular. Vomiting will sometimes take place spontaneously, but oftener from the effects of the third preparation, if that has been given; whilst sense and motion gradually return.

When the senses have become completely restored, and the person has obtained the control of his limbs, he should be put into the bed and kept in a moist sweat for ten or fifteen hours, by giving the composition powders or cayenne pepper, and the application of hot stones or bricks, etc. But should he continue dejected, silent and listless, he should be taken through a regular course of medicine, and, if necessary, repeated as circumstances may require.

#### DYSENTERY.

This is an affection or inflammation of the alimentary canal, characterized usually by nausea, pain, fever, tenesmus, with fœtid or bloody evacuations. It is attended with more or less fever, and is sometimes contagious.

Dysenteries are sometimes infectious; but whether infectious or not, depends upon circumstances. When a person, laboring under a malignant case of dysentery, is kept in a pestilential atmosphere, as is frequently the case, in departments which are neglected during the confinement of the sick; when the room is not frequently and sufficiently ventilated; when the sheets are not frequently changed; when the fœtid and filthy stools are not immediately removed from the sick department; and when strict attention to cleanliness is not observed by the nurses, as is frequently the case in jails, sieges, camps and in many other places: under these circumstances, dysentery may be infectious. But when every attention is paid to cleanliness, and when all putrid substances are removed from the habitation of the sick, we are disposed to believe that the disease is not capable of being communicated from one person to another.

It is to this day a subject of great dispute, and warm contests are entered into, by different parties, respecting the doctrine of contagion in those diseases caused by pestilential fluids.

*Dysentery, arising Sporadically, Endemically and Epidemically.*—When a dysentery arises from the putrefaction of the contents of the alimentary canal, it is the cause of a sporadic affection. Where a few scattering cases of dysentery are only found to exist, and when their causes are produced in the body or neighborhood of the patient only, they are said to arise sporadically. When particular places and countries are visited by dysentery more than others, and its causes are generated in local situations, such as a pond of stagnant water, or large marsh, or body of vegetable or animal matter, undergoing the process of decomposition, as the case may be, the state of the atmosphere being impregnated more or less, according to the proportion of decomposition which takes place; when the dysentery arises in this way, it is said to arise endemically. When it appears at certain times, and attacks many persons, through large tracts and countries, and its cause taken into the constitution from a pestilential atmosphere, which every country may be more or less subject to, according to circumstances; where dysentery arises in this manner, it is said to arise epidemically.

Whatever has a tendency to obstruct perspiration, may give rise to this complaint. Morbid humors are retained in the circulation, and are mixed with the blood, and thrown upon the intestines, causing irritation, inflammation and all the phenomena of the disease; unwholesome diet, night air, damp beds, wet clothes, etc. It sometimes appears to be caused by contagion, becoming epidemic in jails, camps, hospitals, ships, etc. Sudden change of weather, with humid or moist air, may act as a predisposing cause of the disease.

Townsend, speaking of the remote cause of dysentery, thus observes: The occasional causes may be:

1. Putrid acrimony generated in the system. During the protracted heat of summer, the determination is to the external surface; but when cold and damp succeed to

heat, and when the vital energy is much diminished, the determination is reversed, the perspiration is diminished, the urine is increased, and the secretions of bile and mucus in the intestines are not only increased in quantity, but rendered more acrid, and by stagnation become putrescent. Hence arise dysenteries with putrid fevers, and the weakest are the first to suffer.

2. Putrid infection. This, although apparently received into the lungs, seems to exert its first action on the mucous glands of the intestines, as appears by loss of appetite, sickness, nausea, vomiting.

In these ideas we are confirmed by what is related by Sir John Pringle, in his treatise on the Diseases of the Army. The observations to which we refer, were made in Zealand and in Brabant, where the country is low and damp, and the springs are near to the surface of the earth; where the nocturnal fogs are thick and foetid, and where an autumnal sun exhales putrescent vapors. In these circumstances, and in these situations, the army under his care was frequently attacked by putrid diseases in a variety of forms; more especially when hot days were followed by cold and foggy nights. These at first appeared as tertians and double tertians, with foulness of the tongue, bitterness in the mouth, nausea, and the desire of acids; putrid vomiting, and sense of oppression about the stomach. Such were the symptoms in the camp on the first approach of this disease. But he soon had an occasion to observe a connection between these intermittents and the dysentery; because they who were first seized with dysentery usually escaped the fever, if a plentiful evacuation followed; or if any of the soldiers were attacked by both diseases, it was alternately, so that when the flux began the fever ceased, and when the former stopped the other instantly returned. Even in the camp it appeared to be contagious; but in the hospitals it took the form of a putrid malignant fever; insomuch that their bedding conveyed infection, and whenever the hospitals were crowded, a great mortality ensued.

He had an occasion to remark, when the disorder came on with the most alarming symptoms, when the men were

seized with headach, pain in their back, heat and thirst, delirium, bilious vomitings and bilious stools, tenesmus and pain in the region of the colon; the fever remitted on the evacuation of the first passages of the alimentary canal; yet without artificial evacuations, nature made no cures, unless when a cholera supervened.

As to the nature of the contagion, Sir John Pringle had occasion to observe that it arose frequently from dead bodies left unburied in the field of battle; in one instance from the rotting of a whale; often from putrid carcasses of cattle, and from the effluvia of marshes in the autumn, and not unfrequently from foul ulcers, as well as from crowded jails and hospitals.

Proximate cause.—It would appear that the immediate exciting cause of dysentery, is a peculiar acid, the same as in the cholera morbus, which is secreted by the liver, and which corrodes and irritates the mucous membrane of the intestines. This appears to be the opinion of the late Dr. Vought. He remarks as follows:

“That which I conceive to be the true and sole cause of this diseased state of the large intestines, has for many years been discussed by the most eminent physicians of the present age. It has been demonstrated by the most convincing arguments, and illustrated in such a manner, and by such examples, as to remove all possibility of doubt in the mind of every man of common sense. It is the only true cause of exciting dysentery. But it has been, and is, and will be overlooked and undervalued; through the ignorance or neglect of many who pretend to be followers and practitioners of the science of medicine in the U. States. To show the falsity of the arguments, and overthrow the elaborate doctrines of those who have pretended that the putridity of the bile was the cause of bilious complaints, (so termed) such as intermitting and remitting fevers, dysenteries, diarrhœas, cholera morbus, etc., much might be said. The valuable discovery of the cause of those diseases, can never assume a higher rank than it is justly entitled. We say that nitrogen, so combined with oxygen, (the principle of acidity,) as to form an acid in the alimentary canal, is the only true cause producing dysentery.



Pringle declares, that an acid exists in the feces, which he called the feculent acid. He united nitrous acid with the feces to allay the fœtor, but, to his surprise, it greatly increased it. This acid was called by Pringle and others, the mineral acid; but it has since been found to be of animal and vegetable origin, produced by putrefaction. Let it be implanted in the minds, not only of medical men, but also of all parents and nurses, and all who read this, that the increased fœtor of the stools of patients, labouring under this disease, is a strong proof that nitrous acid is the cause of this disease. It is found that the food made use of by the human species, contains the basis of this acid, in a large proportion; and animal diet is much more used than vegetable, among that class of community which suffer most from this disease."

A writer speaking of the proximate cause of dysentery, says thus: the disease appears to be a spasmodic constriction of the colon induced by local irritation. By this constriction the fœces are retained, and by the action of the absorbents they become hardened, and therefore increase both the irritation and spasm. In consequence of this the mucous glands of the intestines are excited, either by the immediate action of the hardened fœces, or by consent to supply the mucous, which is hurried on by the quickened peristaltic motion of the intestines, and appears in frequent stools. The same irritation, communicated by sympathy to the heart, quickens the pulse, but in the extreme arteries of the part effected produces either effusion of blood or inflammation. This again increases irritability, and consequently spasm. The stimulus applied to any part of the intestines being propagated to the rectum, produces tenesmus, that is, a most urgent and incessant desire to evacuate the fœces. That the theory of Dr. Cullen is well founded will appear from hence, that when the hardened scybala are evacuated, the disease is speedily relieved. Should it be suffered to continue, the villous coat will separate, and be discharged, mixed with pus or putrid sanies, because the acrid matter acts like cantharides, when it brings on inflammation, and separates the cuticle, or continuing to act when the vital energy is much diminished, induces

sphacelus. An attack of dysentery is sometimes preceded by loss of appetite, costiveness, flatulency, sickness at the stomach, and a slight vomiting, and comes on with chills, succeeded by heat in the skin, and frequency of the pulse. These symptoms are in general the forerunners of the griping and increased evacuations which afterward occur.

When the inflammation begins to occupy the lower part of the intestinal tube, the stools become more frequent, and less abundant; and in passing through the inflamed parts, they occasion great pain, so that every evacuation is preceded by a severe griping, as also a rumbling noise. The evacuations vary both in color and consistence, being sometimes composed of frothy mucous, streaked with blood, and at other times of an acrid watery humour, like the washings of meat, and with a very fetid smell. Sometimes pure blood is voided; now and then lumps of coagulated mucous, resembling bits of cheese, are to be observed in the evacuations, and in some instances a quantity of purulent matter is passed. Sometimes what is voided consists merely of mucous matter, without any appearance of blood, exhibiting that disease which is known by the name of dysenteria alba or morbus mucosus. While the stools consist of these various matters, and are voided frequently, it is seldom that we can perceive any natural fæces among them, and when they do, they appear in small hard balls, called scybala, which being passed, the patient is sure to experience some temporary relief from the griping and tenesmus.

It frequently happens, from the violent efforts which are made to discharge the irritating matters, that a portion of the gut is forced beyond the verge of the anus, which, in the progress of the disease, proves a troublesome and distressing symptom; as does likewise the tenesmus, there being a constant inclination to go to stool, without the ability of voiding any thing, except perhaps a little mucous.

More or less fever usually attends with the symptoms which have been described, throughout the whole of the disease, where it is inclined to terminate fatally; and is either of an inflammatory or putrid tendency. In other

cases, the febrile state wholly disappears after a time, while the proper dysenteric symptoms probably will be of long continuance. Hence the distinction into acute and chronic dysentery. When this disease is properly treated, it yields very readily and is soon cured, but under the common treatment it is very dangerous, and very often fatal.

*Treatment.*—Dysentery, in a great many instances, may be cured by the most simple treatment, and in a surprising short time, whilst in others it is one of the most difficult diseases to manage which humanity is afflicted with.

On the first attack of this complaint, a table-spoonful of No. 6, with half the quantity of the bark of the root of bayberry, should be taken, which in many cases of slight attack, will effect a cure; or the free use of the anti-cholera syrup may have the same effect. But if one dose does not remove the complaint, it should be repeated at intervals of from thirty to sixty minutes, according to the symptoms; and if this course does not produce the desired effect in a short time, an injection must be administered. This may be composed of a tea of bayberry, beth root, hemlock, blackberry root, or any other astringent article, with the addition of a little cayenne, and two or three tea-spoonsful of No. 6, and repeated, together with the other articles directed to be taken into the stomach, at suitable intervals, until a cure is effected. When this disease is attended with much tenesmus, weak alkaline injections, made of white ley, or pearlash water, may be given in addition to the one just above described; and are said to allay this symptom like a charm. The No. 4 spice bitters, or No. 5 syrup may also be advantageously employed, with the means just recommended, at the discretion of the practitioner.

But if this treatment should not afford the desired effect, the following course should be pursued. Take of best Turkey rhubarb, sal æratus or bi-carbonate of potash, cinnamon, all pulverized, of each one tea-spoonful. And rub altogether in a mortar, add half a pint of boiling water, and sufficient loaf sugar to sweeten; and when cool, add two table-spoonsful of best French brandy, and one tea-spoonful of essence peppermint. Of this preparation, give a

table-spoonful every hour, until the passages are changed in their appearance and consistence. The alkali neutralizes the acidity of the stomach, while the rhubarb by quickening the peristaltic motion of the intestines, carries it to the seat of the disease, and removes the morbid collections in them, and restores their tone. The peppermint, also, lessens the irritation, while the loaf sugar and brandy are valuable auxiliaries. It should be repeated according to the urgency of the symptoms, duration of the disease and other circumstances. This medicine entirely changes the complexion of the disease. It relieves the spasms, and tenesmus; corrects and lessens the fetid discharges, and in short, brings about a healthy action throughout the whole extent of the intestines.

After this preparation has acted upon the bowels, the patient must use the spice bitters or No. 5 syrup as the judgment may dictate. A strong tea of bayberry, or in case there is much blood discharged, witch hazle leaves or beth root may be substituted for the bayberry or mixed with it, and administered in half tea-cupful doses, and the same may be given by injection, at intervals, until the disease is removed. A tea of the dewberry root, is also highly serviceable in dysentery. The abdomen may be bathed with Shecut's Stimulating Liniment, pepper and vinegar or No. 6, with the addition of a little cayenne, to make it more pungent: and it should be applied with much friction or rubbing with the hand. Fomenting the bowels with cloths wrung out of hot water, may also be resorted to, and will often afford relief from the pain which attends this distressing complaint.

Active cathartics should never be employed, as ample experience has proved their inexpediency. If after the above means have been used, there still be inflammation and irritation in the colon, which requires other means to subdue them, injections as directed above, with the addition of the slippery elm. It is necessary in almost every stage of this complaint, to keep up gentle perspiration, or moisture of the skin. As the disease is sometimes occasioned by translations of morbid matter to the intestines, means must be used to throw them off by the excretion of the skin. If there is much febrile excitement; if the skin be



dry and husky, attended with much thirst, the surface must be often bathed with tepid ley water, and also the feet. As soon as the cutaneous vessels have become thus stimulated, a portion of the morbid agents are translated from the mucous membrane of the intestines, and expelled through this medium. Copious perspiration, however, is not called for in this complaint. A general and uniform moisture of the skin, is all that is required.

Mucilaginous drinks are beneficial in dysentery, such as an infusion of slippery elm bark, bene plant, marsh mallows, etc. They may be given alternately as the stomach of the patient will bear. But the slippery elm is decidedly the best article. It possesses very soothing and anti-phlogistic properties. A tea-spoonful of the superfine flour of the bark may be stirred into a tumbler of cold water, and the whole or part given as the patient is able to take it. Three or four tea-spoonful may be given through the course of the day.

Should the putrid symptoms appear, a wine-glass of yeast may be given occasionally through the day, and about a gill of it added to every injection. In protracted and unusually obstinate cases, a syrup made of the blackberry root must be used. It has effected a cure when all other means have proved unavailing.

To restore the strength, after the disease is overcome, we may use the No. 5 syrup in doses of a wine-glassful three or four times a day, and the No. 4, or spice bitters an equal number of times, which should be continued until the cure is completed.

#### DYSPEPSIA OR INDIGESTION.

This complaint it is said, chiefly arises in persons between thirty and forty years of age; and often continues for years, without any perceptible aggravation or remission of the symptoms. Excessive grief and uneasiness of mind, intense study, profuse evacuations, indulgence in strong drink, excess in eating, and above all, the too common use of poisonous medicines, such as calomel, arsenic, opium, etc. which by destroying the tone of the stomach

and intestines, weaken the digestive powers, are the common causes of dyspepsia.

A long and disagreeable train of symptoms attends this complaint, such as loss of appetite, sickness at the stomach, heartburn, flatulency, sour, fœtid, and otherwise disagreeable eructations or belchings, a sense of gnawing in the stomach when empty, with pains in it or the side; great costiveness, with chilliness or increased sensibility to the impressions of cold; paleness of countenance, langour, unwillingness to move, lowness of spirits, and disturbed sleep. To these may be added, intolerable feelings, especially in the morning; weak, faint, and trembling sensation in the stomach, sometimes extending to the intestines; bad taste in the mouth, more especially in the morning, disagreeable breath, etc.

Dyspepsia has become a much more common complaint of late than it was formerly; and almost every deviation from common health is now ascribed to indigestion, which has given rise to the appellation of "fashionable complaint," as a burlesque upon the common herd of dyspeptics. Every thing taken into the stomach, of a poisonous nature, must unavoidably injure its tone, and thus weaken its powers of digesting the food. Hence we find the history of the greater number of dyspeptic cases to be simply this: "so long ago, or such a time, I had the fever, and was salivated by mercury, and have not enjoyed any health since." And what a frightful picture of the disastrous and deadly effects of this one article might be presented to the world; and happy would it be for the human race if this had been the only article which the medical faculty have arrayed against the health and happiness of the family of man.

With regard to the improvements in cookery, we have elsewhere said, that it were well mankind, if cookery, as an art, were entirely prohibited; and another writer says, that they were like the pretended improvements in medicine—refinements in error. The thousands who have fallen victims to the modern system of cookery, the object of which is to whet the appetite by dainties, could they be told would astonish the ignorant and confound the wise. The original purpose of cookery was to prepare food for

its more easy mastication, and digestion ; but this object has become perverted, and the design now is to prepare the food so as to make it most agreeable to the taste ; in doing which it is rendered far more indigestible and unwholesome, whilst at the same time, in consequence of its having been rendered more palatable, we are induced to eat too much. We thus have our stomachs filled not only with indigestible food, but likewise overloaded ; and even if it had not been rendered indigestible in the process of cooking, the overloading of the stomach overstrains the digestive powers, and lays the foundation for that dismal train of symptoms which are attendant upon the dyspepsia.

The daily filling of the stomach even with wholesome food, in greater quantity than the digestive powers can dispose of, or than the body requires, may be compared to the overstraining of any kind of machinery ; it must the sooner wear out and become incapable of performing its office. And every kind of machinery, it is at once evident, can have the capacity of performing only a certain amount of labor or business ; just so with the digestive organs ; and all that is demanded of them beyond this, is impairing their capacity of performing their natural healthy functions, and brings on the train of symptoms which always attend the complaint under consideration.

Good wholesome food, taken in moderate but sufficient quantity, and proportioned to the employment or other circumstances of the individual, is most conducive to health, and all persons should beware of eating so much at any time as to produce any unnatural fulness, or any other unpleasant sensation about the stomach. As a general rule, all persons should stop eating before the appetite is completely satisfied ; and they should moreover eat slow, and chew their food well before swallowing.

*Treatment.*—The objects to be kept in view in the treatment of dyspepsia are :

- 1st. To obviate the several exciting causes of it.
- 2d. To expel from the stomach the several offending agents.
- 3d. To obviate costiveness.
- 4th. To improve the tone or energy of the stomach.

With a view of fulfilling the first, the patient must abstain from every exciting cause, which he is conscious has given rise to the disease, whether in eating or drinking, or in any other irregularity.

The second, viz: for removing from the stomach all offensive or morbid agents, an emetic may be given. Take hippo, lobelia, equal parts; mix. Of this a tea-spoonful may be taken in a tumbler of boneset tea, and if it does not produce gentle vomiting in half an hour, let it be repeated. The same tea or infusion may be freely taken during the operation. The day after the emetic has been given, our common purgative, or family physic, mentioned in this work, may be administered.

It will be necessary to repeat each of these classes of medicines once a week, especially where the disease has been of long standing and inveterate. There is in this complaint such a tenacious viscid fluid, or state of the stomach, that every means to remove the complaint is apt to prove ineffectual, until there is a new or healthy action excited. No medicine appears to act upon the living fibre of the stomach, until its actions have been very much stimulated or inverted.

Emetics, particularly, prove beneficial in dyspepsia—first, by evacuating morbid or offending materials; and second, by imparting new tone or energy to it; third, by its action upon the skin, by eliminating morbid or vitiated humors; and fourth, by the healthy shock it gives to the neighboring viscera and the whole system.

The next great indication to fulfil in the treatment of dyspepsia, is to regulate the bowels. In addition to the emetics recommended, the patient must endeavor to regulate the bowels, if possible, by a course of diet; and there is no article so effectual as the coarse or brown bread which is now in many places very much used. The bran, in which consists the physical properties of the wheat, is retained in making this bread, which affords a more natural stimulus to the liver and alimentary canal than any medicine which can be given. The wheat should be ground coarse, but should not be bolted, and in all respects made as ordinary bread.



Some prefer biscuit made of the same. A certain writer says, he does not remember a single case, however costive the bowels may have been, where this bread has failed to regulate them, as well as to improve the state of the stomach.

The fourth indication is to improve the tone of the stomach. The means already recommended are calculated to fulfil this object, but other means may be necessary. We have found the following a most valuable medicine for indigestion, and which is likewise calculated to fulfil several of the above indications: Take golden seal, pulverized, one drachm; white wood bark, pulverized, two drachms; bitter root, or Indian hemp, one drachm; capsicum, or cayenne pepper, half a drachm; sweet or Malaga wine, one quart. Add the pulverized articles to the wine, and let it digest for a few days, and it is fit for use. The patient may take from a quarter to a half wine-glass three or four times a day, on an empty stomach. This creates an appetite, and strengthens the system generally. The few individuals in possession of this formula, annually sell hundreds of dollars worth, at two dollars per bottle, for the cure of dyspepsia; and there are many well authenticated cases in which it has proved a sovereign remedy.

There is no disease in which a rigid attention to diet is of more absolute importance than in dyspepsia. Indeed the disease may be entirely cured by such a course of regimen. The patient must eat nothing but that digests easily, and this he must ascertain by his own experience. He must always get up from the table with an appetite somewhat sharp, and whatever he finds creates flatulence, or gives any uneasiness, must be carefully laid aside. In general, fresh and high seasoned victuals, as well as greasy articles, must be avoided.

The patient may eat meats when cold, such as beef, lamb and chickens, to be eaten in small quantities, and salt, mustard and red pepper, alternately and freely used. Coffee and chocolate should not be drank; but a weak infusion of black tea may be used.

“In every form of dyspepsia,” says Gregory, “attention to diet is indispensable, and the patient must have regard,

not to its quality only, but to its quantity. In a weakened state of the stomach, it must have little given it to do. The body is strengthened, not in proportion to the quantity of food taken in, but to that which is thoroughly digested. Differences in the habits of life will of course lead to important differences in the kind and quantity of diet which should be permitted to a dyspeptic patient; but the following may be regarded as rules of very general application. It should consist in a due mixture of animal and vegetable food; but the former should be eaten only once a day. It should be thoroughly masticated. Great varieties of food at any one time should be prohibited, as leading to an indulgence of the appetite beyond the wants of the system. Articles of difficult digestion should be carefully avoided; such as all kinds of smoked, hard; dried, salted and long-kept meat; all those dishes where too much nutritious matter is collected in a small space; eggs, for instance, potted meats, strong soups, and preparations of suet, fat and butter; lastly, all raw vegetables whatever, with the exception of ripe fruits. Regularity in the hours of meals should be rigorously enjoined, and the patient directed to abstain from food at all other times.

“Of the necessity of regular exercise to the due performance of the functions of the stomach, every one must be fully sensible. Walking is, of all exercises, the best; it is that which nature intends for us, and can never be compensated by what are called passive exercises of the luxurious. Pure air is eminently conducive to healthy digestion.”

In dyspepsia, a change of air has been of great service in many instances.

“It has been remarked,” says Thatcher, “that cold and wet feet are frequently the cause of complaints of the stomach and bowels; these, therefore, should be guarded against with the greatest care. It will be of great utility, about half an hour before eating, and again soon after, to have recourse to brisk friction, with a flesh brush or coarse cloth, over the region of the stomach and abdomen; and the same operation should be practised every night and morning over the whole body and extremities, while in

bed. The operation of friction remarkably contributes to the health of sedentary persons ; it invigorates and excites the natural warmth, promotes insensible perspiration and cutaneous absorption, increases the action of the stomach, and consequently its power of digestion.

“ In short, friction is so highly conducive to the recovery of the patient, that it cannot be too strongly inculcated. But no less important to the restoration of the dyspeptic patient, is the exercise on horseback, and change of place and amusing scenes, remembering that riding should be performed on an empty stomach, and the most proper hour is in the morning before breakfast.

#### EAR-ACH, OR INFLAMMATION OF THE EAR.

Ear-ach, in some instances, is attended by an excessive throbbing pain in the ear, though rarely any fever. The pain, however, is sometimes very mild, attended with but little inconvenience, and goes off without the aid of medicine. But in the more violent forms of inflammation of the ear, attended with excruciating throbbing pains, disposition to sleep, delirium, and sometimes convulsions, the most active measures should be adopted, or suppuration will undoubtedly take place, and perhaps the hearing be destroyed. Ear-ach is caused by the circumstances, in general, which produce other inflammations, and particularly by partial exposures to cold.

*Treatment.*—If the case be mild, nothing more perhaps may be necessary than filling the ear with cotton or wool wetted with No. 6, or a little of the liquid may be dropped into the ear. An ointment made by slicing up onions, and frying them in lard, and then strained, is an excellent remedy in all cases of ear-ach. A little of it must be dropped into the ear, and the ear filled with cotton or wool. On going to bed, a hot stone, wrapped in a cloth, should be placed near the ear ; and the head covered, so as to steam the ear and side of the head ; or the head and whole body may be steamed in the usual way. If the pain, however, continues, a few drops of the third preparation of lobelia must be occasionally dropped into the ear, minding

to keep a warm stone to the side of the head, for the purpose of warming and softening the affected part. But if all this does not afford the desired relief, and the pain continues severe, with other bad symptoms, we must administer a course of medicine, and repeat it if necessary ; and if suppuration is likely to take place, it should be promoted by the application of poultices.

It sometimes happens that insects find their way into the ear ; in such cases, they may be destroyed by pouring into that organ a little tincture of myrrh, No. 6, or any other kind of spirits or harmless fluid ; and afterwards syringing the ear with warm water, to remove them from it.

#### FAINTING, OR SYNCOPE.

Fainting consists in a decreased action, and sometimes total cessation of the pulse and breathing. It is often preceded by anxiety about the breast, a sense of fulness ascending from the stomach towards the head, vertigo or confusion of ideas, dimness of sight, and coldness of the extremities. Sometimes, however, it comes on without any premonition, and occasionally without any apparent cause. The attacks are frequently either attended with, or end in, vomiting, and sometimes in epileptic or other convulsions.

Fainting is caused by sudden and violent emotions of the mind, such as joy, grief or fear ; and by pungent, disagreeable odors, derangements of the stomach and intestines, debility from disease or from loss of blood, either spontaneous or artificial, or by drawing off the water in dropsy. Another fruitful cause of fainting, is the tight lacing and wearing of tight corsets, so common with females in the fashionable walks of life.

*Treatment.*—During the paroxysm of fainting, the face or bosom, or both, may be sprinkled with cold water, which in many instances will be sufficient to rouse the patient and restore the lost action of the heart and lungs. Stimulating the nostrils with hartshorn or volatile salts, will also be very proper and useful. This may be done by holding an open bottle of either of those articles near



the nose, or by rubbing some about the nose or upper lip. Camphor may also be used, if neither of those articles be at hand.

But if these means fail, we must have recourse to stimulants, such as essences of peppermint, cinnamon, or winter-green; or a dose of cayenne, or of the third preparation of lobelia may be given, and repeated, as the circumstances of the case may require. Stimulating injections will also be highly serviceable in cases of long continued faintings, and may be safely resorted to on all occasions of this kind.

If the complaint appears to be connected with, or caused by a disordered state of the stomach, an emetic should be given, and, if necessary, repeated between the fainting fits, where they recur periodically or frequently; and also using proper means for restoring the energy and tone of the system, such as cayenne, bitters, composition powders, etc.

It should, however, be remembered, that in cases of fainting, from either the intentional or accidental loss of blood, little more need be done than to lay the patient down on his back or side, sprinkling the face or breast with cold water, and applying stimulating substances to the nose. To restore the lost energy of the system, which the loss of blood always occasions, stimulants and tonics, as above recommended, with a rich nourishing diet, must be resorted to, and continued a suitable length of time. We scarcely need add, that every cause known to excite fainting should be avoided.

#### FALLING OF THE FUNDAMENT.

This complaint is most commonly met with amongst children of a weak habit, or who have been much afflicted with frequent and severe purgings. It is also sometimes met with in grown persons, who have a peculiar weakness of the part. Prolapsus of the fundament may be a troublesome, though not a dangerous disease.

*Treatment.*—In all cases of a falling of the fundament, whether young or old, the part of the gut which is pro-

truded, should be washed with a strong tea of witch-hazel leaves, pond-lily, or some other astringent article; and injections of the same may also be administered, when the protruded part must be gently forced back with the finger, which may be smeared with oil, to prevent any irritation. It will also be advisable to make use of tonics in the stomach, and astringents by injection, until the complaint is removed. The cold bath will also be of service in this complaint. It can be applied either to the whole of the body, or cold water can be poured upon or near the part affected, or both may be resorted to, at discretion.

#### EPILEPSY.

Epilepsy, called also falling sickness, is a sudden privation of sense, accompanied with unusual motions and violent convulsions of the whole system. It occurs in paroxysms, which, after a period, leaves the patient nearly in his former state; but generally, it is succeeded by languor, debility, stupor and drowsiness. It occurs more frequently among young children than grown persons. It occurs also periodically, and oftener in the night than in the daytime. It is frequently an hereditary disease, attacking several in the same family. The causes which give rise to epilepsy, are blows, wounds, fractures, and other injuries done to the head by external violence, together with plethora of the vessels of the head, of water in the brain, tumors, concretions, polypi, and a deformity in the shape of the bones in any interior part of the skull. Epilepsy has also been known to arise from an affection of the spinal marrow; and it is to inflammation in that part, of a more chronic form, that those shaking palsies, which are attended with pain, have been imputed. Violent affections of the nervous system, sudden frights, fits of passion, great emotions of the mind, frequent intoxications, acute pains in any part, worms in the stomach or intestines, teething, the suppression of some long-accustomed evacuation, too great emptiness or repletion, and poisons received into the body, are causes which likewise produce epilepsy. Sometimes it is hereditary, and at others depends on a predispo-

sition arising from a mobility of the sensorium, which is occasioned either by plethora or a state of debility.

Derangements of the stomach and bowels, is a very frequent cause of this complaint. The epileptic fit for the most part occurs suddenly. The patient falls to the ground; and the disease has hence received the appropriate name of falling sickness. When the complaint is fully established, it is usual for the patient to experience certain warnings of the approach of a fit, which though lasting only a few seconds, enable him to make some preparation for it. The most frequent of these warning symptoms are headache, giddiness, dimness of sight, or flashes of light passing before the eyes, ringing in the ears, and coldness of the extremities. Some persons are apprised of the fit by the appearance of particular spectres; but the most common of all epileptic warnings is that singular sensation of tremor, or coldness, or numbness, which has been called the *aura epileptica*. It begins at the extremity of a limb and gradually ascends to the head, when the paroxysm of lethargy and convulsion ensues. During the fit the convulsive agitation of the body are violent. The eyes are fixed and reverted, and the pupils permanently contracted; the teeth gnash against each other; the tongue is thrust forward, and often severely bitten, and there is foaming at the mouth; the breathing is irregular and laborious, and the pulse for the most part small and contracted. Complete insensibility prevails. The fit varies in duration, from a few minutes to a quarter and even half an hour. In some cases it has lasted even longer. On its cessation the patient remains for some time motionless, insensible, and apparently in a profound sleep. From this he recovers by degrees, but without any recollection of the circumstances of the fit. It leaves him weak and exhausted, and for the rest of the day he generally complains of a degree of stupor and sense of oppression in the head. In many cases this has amounted to actual mania continuing for two or three days. The periods of recurrence of the fits are too various to admit of being stated with any degree of accuracy. When the disease first developes itself, the intervals are long, perhaps two or three months. As

it becomes more firmly rooted in the system, the fits recur with a corresponding frequency, until at length the patient hardly passes a day without one. It is important, however, to bear in mind, that genuine epilepsy never occurs oftener than this; and therefore, when a person has more than one fit in the day, we may reasonably conclude that the disease is of an hysterical nature.

Epileptic fits occur at all hours; but much more commonly during the night than in the day; sometimes on first going to sleep; but more usually, as far as our own observations extend, on waking in the morning. It is reasonable to conclude that there is some peculiarity in the state of the brain during sleep, which is highly favorable to the development of the epileptic paroxysm.

It has been noticed by authors, that some degree of consciousness is occasionally preserved in the genuine epileptic paroxysm, but such an occurrence is very rare, and seldom permanent, proving only a prelude to the total abolition of sense. In a few cases the recovery from the fit has been as sudden as the seizure; nor are the succeeding headache and stupor observed invariably.

Such are the more common modifications of the epileptic paroxysm. In whichever way the disease manifests itself, it goes on to produce other and more serious injury to the constitution. In the first place, the mental faculties become gradually and permanently more and more impaired; the memory fails, and a state of mind closely verging on idiotism is at length brought on. In almost all epileptics a vacant expression of countenance is observable, which once seen cannot easily be forgotten. Epilepsy, when once thoroughly rooted in the habit, will generally be found to bring on sooner or later, some other form of cerebral disease, hydrocephalus, mania, apoplexy, or palsy. The complication of epilepsy with mania is at once the most frequent and the most formidable. In one of these, in most instances, the epileptic patient dies; but it is not to be overlooked, that epilepsy sometimes terminates, in the third place, fatally and suddenly, without inducing any secondary affection. This, though seldom witnessed among adults, is not uncommon in the epilepsy of children; and



assuredly it cannot be a matter of surprise ; it can only lead us to reflect, how wonderful must be the structure of that delicate system, which can resist, in no ordinary cases, the repeated attacks of so dreadful a disease, and how little pathology can assist us in unravelling such a mystery.

Epilepsy is generally considered as equally frequent in both sexes. It is considerably more prevalent among females than males ; and the fact, if correct, may be attributed partly to the greater *mobility* of habit in the female sex, and partly to the peculiar character of the exciting causes of the disease. These constitute, in fact, the most interesting points in the pathology of epilepsy. We may begin by noticing the connection of epilepsy with a deranged state of the natural functions, constituting the *epilepsia cerebialis*.

The symptomatic or *occasional* epilepsy is of two kinds—the enteric, or that which is connected with disturbance of function in some portion of the alimentary canal ; and the hysteric, or that which has its origin in disturbed functions of the uterus. Speaking generally, we may say, that the first is peculiar to children under the age of fourteen ; and the second to women between the ages of fourteen and twenty. The first source of that irritation in the alimentary tract which leads to epilepsy, is painful dentition. It is a fruitful cause of the diseases of children, and of none more commonly than of epileptic fits. The second is acidity in the stomach, its distention by wind, or the mere detention in it of crude and undigested aliment. In infants of high natural irritability of frame, these disordered conditions of the stomach frequently lead to paroxysms of convulsions ; and in many cases they recur, and otherwise exhibit all the characters of perfect epilepsy.

At a somewhat more advanced period of life, there is no kind of irritation which so commonly proves the source of epileptic fits, as the presence of worms in the intestinal canal ; but almost any disorder of the bowels will, in certain habits and states of body, bring on a tendency to convulsions. The phænomena of cholera morbus will at once suggest themselves as an illustration of this pathological principle. The prognosis, in all the forms of enteric epilep-

sy, is naturally more favorable than in any other variety of the disease ; because the source of irritation is both more obvious, and more under our control.

The hysteric epilepsy is an equally frequent and much less manageable kind of disorder. It prevails extensively among the most delicate of the sex, at the most interesting periods of their lives, often resisting the most active and judicious treatment, and degenerating into that permanent and almost incurable form of cerebral epilepsy which we are next to notice. Hysteric epilepsy commonly effects females about the commencement of the catamenial epoch, or shortly afterwards, when the flow is scanty and difficult. Occasionally it takes place at a later period of life, in accidental obstructions of the menses. It chiefly prevails among those of sanguine temperament, with full development and vigorous action of the circulating system, and a delicate irritable constitution. There is nothing peculiar in the character of the fits of hysteric epilepsy, except that their recurrence frequently corresponds with the regular catamenial periods.

When the disease arises from an hereditary disposition, or comes on after the age of puberty, or where the fits recur frequently, and are of long duration, it will be very difficult to effect a cure ; but when its attacks are at an early age, and occasioned by worms, or any accidental cause, it may in general be removed with ease. In some cases, it has been entirely carried off by the occurrence of a fever, or by the appearance of a cutaneous eruption. It has been known to terminate in apoplexy, and in some instances to produce a loss of the powers of the mind, and to bring on idiotism.

*Treatment.*—During the epileptic fit, the patient should be prevented from injuring himself by his struggles ; if his tongue is protruded, a piece of wood, or roll of cotton, should be placed between the teeth, to prevent it from being wounded. The head and shoulders should be elevated, as in apoplexy, and every thing removed from the neck which is liable to compress the veins. If the patient is a female, her dress should be loosened about the waist. When epilepsy is caused by worms, teething, or injuries of the

head, etc. these difficulties should be removed by pursuing a proper course of treatment, at the same time making a very free use of the umbil or tincture of nervine, to give tone to the nervous system. And where the general health is otherwise impaired, proper measures must be taken to restore it: to do which, thorough courses of medicine, with the use of tonics, etc. must be resorted to, and persevered in till the general health is restored.

In all cases where the patient is sensible of the approach of the fits, he should take freely of the nervine tincture, or a dose of the third preparation of lobelia, which will have a tendency to prevent a recurrence of the fits, and thus break the chain of morbid association. During the fit, injections should be given of catnip tea, or any of the astringent articles, to which should be added a tea-spoonful of third preparation, or instead of this, cayenne and the pulverized seeds of lobelia, in proper quantity. From half to a whole tea-spoonful of the third preparation should also be occasionally given by the mouth, all of which will have a tendency to shorten the fit, and break the habit to which the system has become subject. In cases where the return of the fits is known to a degree of certainty, the taking of the patient through a course of medicine at that time will tend to prevent the return of the fit, and thus destroy the connection of the disease.

We are well aware that cases of epilepsy which occur after mature age, are very difficult of cure, but they are, nevertheless, not all of the same hopeless character; we may therefore, in most instances attempt the cure, on the principles laid down; varying the mode of treatment at discretion, to suit any peculiarity which may attend each or any particular case.

#### FELONS.

Felons are suppurative swellings which appear about the joints of the fingers, and give an idea to the unhappy sufferer of the most exquisite pain and torture to which the human frame is liable. This most distressing malady is supposed usually to proceed from a bruise which by some

means or other, injures the periosteum or membrane which surrounds the bones, producing inflammation and suppuration. The excruciating pain which always attends a felon, arises in consequence of the matter being deeply seated in the flesh which cannot give way to make room for it as it forms, as is the case when suppurative swellings arise on or near to the surface.

*Treatment.*—A variety of means have been proposed for alleviating or curing this intolerable disease. Some have practiced holding the affected finger in boiling tallow or boiling ley, until the pain has subsided. This, although it may seem like a painful operation, is said by those who have tried it, not to be so.

Another remedy is to take several pieces of woollen cloth and cut a round hole in each piece the size of the painful part, which are then placed over the felon and the felon itself covered with tar. Two irons having been previously made red hot, one of them is to be held as near the felon as can well be borne, and when this becomes too cool it must be returned into the fire, and the other employed in its stead, and so continuing to apply the irons alternately until the pain and throbbing cease; renewing the tar as it dries away. The woollen cloths are for the purpose of preventing the hot irons from burning the sound parts, as it is necessary to hold them very close in order to have the full benefit of the operation. When the pain and throbbing have ceased, the cloths and tar are to be removed, and the felon covered with a plaster, made in the following manner:

Take castile or good shaving soap, shave it down very fine, and mix with it a little new milk, to the consistence of a plaster or salve; spread it on a cloth, apply it to the part, and renew it as it becomes dry. The whole of this process is to be gone through with, whether the felon has been opened or not, and will, it is said, effect a cure.

To those who have never experienced the torturing effects of a felon, and been accustomed to witness their painful progress, the idea of burning and cutting will perhaps appear horrible; but persons who have been afflicted in this way, are aware that almost any thing promising relief can be cheerfully submitted to; and moreover the



pain caused by the burning is said by those who have tried it, to be comparatively speaking, but trifling.

Another remedy is to take salt, common soft soap, and sage, green or dry, bruised or pulverised, equal quantities of each, well mixed together into a poultice, and applied to the part, which must be moistened or renewed as often as it becomes dry, and continue until relief is obtained.

From the depth at which the matter is seated in case of felons, it is all important to give it vent as soon as possible ; and whenever this is done, immediate relief is experienced. The common method is to lay it open with a lancet or knife ; but this is highly disapproved of by some, and caustics recommended instead of the knife. But on the whole, we think that Dr. Thomson's method is probably as good, if not better, than any other, for this purpose. In pursuing the plan which he recommended, we avoid all hazard of hemorrhage, and moreover make a much smaller sore than is usually produced by the knife. His method is as follows :

Take a piece of spunk, (punk) about the size of half of a pea, and burn it on the most painful part, which process may be repeated if it be thought that the flesh is not deadened down to the matter. A needle is then to be plunged deeply into the skin and immediately out again, in the part which has been burned, by which means the skin and flesh will be very much elevated, when, with a sharp knife, the part that is raised by the needle must be cut out. In performing this, care should be taken to cut out the matter. If the cutting, however, does not reach the mater, it ought to be still further opened with a lancet as we conceive, although Dr. Thomson has given no instructions further than to cut out the piece as aforesaid ; but he takes the precaution to say that it should be sufficiently deep to answer the purpose. After this is done, apply the poultice or salve, which ever seems most proper ; but if there be much pain still remaining, after the operation, a poultice will be preferable, and ought often to be wetted with cold water. We may also observe, that a botanic physician, who had often performed the operation, says that he usually applied, im-

mediately after the burning, a cloth which he kept wet with cold water, before cutting out the flesh.

## FRESH WOUNDS.

By these we mean wounds made with sharp instruments, as edge tools of every description. Many of these, however, are too trifling to need any kind of treatment only the most simple binding up with a cloth or bandage. But should the wound be large or much blood be discharged, it ought to have the blood washed away with cold water, then place the edges of the wounded flesh as near together as possible, carefully bind it up, and occasionally wet it with No. 6, and cold water. This course if properly pursued, will prevent inflammation, and induce the wound in a short time to heal. Very large wounds ought to have their edges confined together by a few stitches taken with a needle and thread, or by the application of adhesive plaster.

If a small artery should be wounded, in which case the blood will not flow in a continued stream, but by spurts, and if it is on the limbs, the wounded part should be kept elevated above the heart or head, washed with cold water, tightly bound up, and continued in that position, often wetting it with the coldest water, until the bleeding is completely stopped. When larger arteries are wounded so as suddenly to endanger the life of the patient, an experienced surgeon ought immediately to be sent for, and in the mean time the flow of blood must be stopped by pressure with the finger, or some solid substance on the bleeding vessel. The application of the spider's web, it is said, scarcely ever fails to stop the flow of blood, and should therefore always be resorted to where bleeding is profuse; or either of the styptics, mentioned under that head in this work, may be applied.

Wounds are to be treated, after the first dressing, in every respect the same as simple ulcers. If they do not become inflamed, all the application that is necessary will be the healing salve; and if inflammation takes place, treat them with poultices and cold water.

## GIDDINESS OR VERTIGO.

Giddiness is a swimming of the head, in which every thing appears to the patient to go round, and he staggers, and is in danger of falling down.

Vertigo proceeds from different causes, such as an over determination of blood to the head, foul stomach, dyspepsia, hypochondriasis, and hysterics.

Little or no danger attends this complaint, unless it proceeds from an over-fulness of blood in the vessels of the brain, in which case, if it be not timely relieved, it may terminate in apoplexy or palsy.

Where giddiness arises in consequence of some other disease, it will disappear on the removal of the other difficulties; but in all cases where it proceeds from an over determination to the head, means should be used to divert the blood to the other parts of the system, whereby the head will be relieved.

*Treatment.*—In order to restore an equal action to the blood, the patient should have repeated doses of composition or cayenne, and be steamed, or have red hot stones cooled so as not to burn the bed, and then wrapped in a wet cloth and applied to the feet and legs. And if he is steamed he ought to have a hot stone placed at his feet in bed, to keep up a perspiration; as by this means the vessels of the body and extremities become relaxed, and allow the blood to pass more freely through them. A portion of the anti-bilious physic might also assist in diverting the blood from the head. Should the means, however, which have been recommended fail of the desired effect, an emetic and regular course of medicine must be resorted to, and especially if there be sickness at the stomach. After the course of medicine, the No. 4 bitters and cayenne, should be continued, and if any symptoms of giddiness remain, the patient must continue in bed with the application of hot stones as before directed. The use of stimulating injections will also be highly proper in any stage of this complaint.

## G O U T .

This disease is usually divided into the regular and irregular. When the inflammation occupies the joints to a due degree, and after a certain duration gradually disappears, leaving the health unimpaired, it is termed regular gout. Of the irregular gout there are three species, viz:

1st. *The Atonic*.—When there is not sufficient energy in the system to produce a proper degree of inflammation in the extremities, in consequence of which the general health is considerably affected; the stomach performs the office of digestion imperfectly, and the patient is troubled with flatulency, loss of appetite, eructations, violent pains of a spasmodic nature, and frequently with nausea, accompanied not unusually with dejection of spirits and other hypochondriacal symptoms.

2d. *The Retrocedent*.—In this, the inflammation having occupied a joint, ceases suddenly, and is translated to some internal part, such as the head, lungs, heart or stomach.

3d. *The Misplaced*, or where gout, instead of producing the inflammatory affection of the joint at all, seizes some internal parts, producing inflammation there, and giving rise to some symptoms which attend inflammations of those parts from other causes.

The attacks of gout are generally in the winter or spring, and are rarely met with before the adult age, or middle period of life. Persons of a full and robust habit are most subject to this disease, particularly those who live luxuriously, and lead an indolent, inactive life; whereas, those who are employed in constant bodily labor, and who live upon a vegetable diet principally, are seldom afflicted with it. Women are much less the subjects of it than men; no sex, age, or even youth, are, however, exempt from it. But in the latter cases, it can only be ascribed to that predisposition or constitutional bias which is entailed by the parents of the child. An hereditary predisposition, therefore, as also too free an indulgence in the use of animal food, fermented liquors and venery, leading a sedentary and studious life, anxiety of mind, excessive



evacuations, fatigue, the application of cold to the extremities, sprains, the ceasing of usual labors or accustomed exercise, indolence and intemperance, are to be considered as the chief causes which are productive of gout.

The disease may, in general, be readily distinguished from rheumatism, by the pains attacking the smaller joints instead of the large ones, as in the latter; by its not being accompanied, or even preceded at its commencement, with symptoms of inflammatory fever; and by the previous affection of the stomach with flatulency, eructations and pain.

The fit is generally shorter in proportion to the violence of the febrile symptoms and the length of the intermissions. Its returns may be rendered milder when acquired, than when it proceeds from an hereditary bias; and the disease admits more readily of alleviation in youthful persons than in those that have attained an advanced period of life.

An attack of regular gout sometimes comes on very suddenly, and without any previous warning; but most usually it is preceded by a belching of wind, flatulency in the stomach and bowels, nausea, weariness, dejection of spirits, pains in the limbs, with a sensation as if cold water or wind were passing down the thigh; great lassitude and fatigue are all felt after the slightest exercise, the bowels are costive, and the urine is of a pale color.

The paroxysm most frequently comes on about two o'clock in the morning, with excruciating pain either in the joint of the great toe, the heel, calf of the leg, or perhaps the whole of the foot; and this becoming more violent by degrees, is accompanied with shiverings, succeeded by heat and other febrile symptoms. The pain having attained its height towards the following evening, ceases gradually, a gentle moisture breaks out upon the skin, and the patient being greatly relieved from his torment, falls asleep; but upon awakening, he finds the parts, before painful, now much inflamed and swollen. During several succeeding evenings there is a return of both pain and fever, and these continue with more or less violence during

the night, and towards the break of day they subside and go off.

A fit of the gout consists of several such paroxysms as have been described; and although there may be some little alleviation in the symptoms after a day or two, still the pain and fever return every night, going off again the following morning. According to the disposition of the body to the disease, the strength of the patient and season of the year, will be the duration of a fit of the gout; but it usually continues at first for two or three weeks, and then goes off, either by perspiration, an increased flow of urine, or some other evacuation; the cuticle or scarf-skin of the parts which have been affected peeling off in branny scales, and some slight lameness and tenderness remaining for a considerable time.

In the atonic gout, if the head be affected, there is great pain there, with perhaps giddiness, and not unfrequently apoplectic and paralytic affections are the consequence. If the lungs, it produces an affection similar to asthma. If the heart, faintings, palpitations and an intermittent pulse. If it is seated in the stomach, there is great pain, nausea, vomiting, flatulency and eructations, dejection of mind, languor, want of energy, and apprehension of danger; and these are frequently accompanied with cramps in several parts of the trunk of the body and upper extremities. Sometimes there is obstinate costiveness; sometimes a purging.

In the retrocedent gout, if the disease is translated to the stomach, there is great anxiety, violent pain and vomiting, with a peculiar sense of cold over the region of this organ; if to the heart, there are faintings and palpitations; if to the lungs, asthma; if to the head, apoplexy and palsy.

In misplaced gouts, instead of there being an inflammatory affection of the joints, the disease attacks some internal part, produces inflammation there, and then we meet with the symptoms specified as accompanying such an affection from exposure to cold or other causes.

Attacks of gout usually become more severe during each returning fit, both as to the degree of pain, as well as

the number of parts which are affected. Probably it only seizes one foot at first, but afterwards both feet are affected by every paroxysm, the one after the other; and as the disease advances, it not only affects both feet at once, but after having ceased in the foot which was secondly attacked, again returns to the first, and perhaps a second time into the other. Sometimes it shifts its seat from the feet into the other joints of the upper and lower extremities; and in severe cases, there is scarcely a joint of the body that does not in turn feel its effects. Although two joints may be affected at the same time, yet it generally happens that the attack is only severe in one, passing successively from one to the other, so that the sufferings of the patient are frequently prolonged to a considerable length of time.

At first a gouty attack occurs probably once in two or three years; it then comes on every year, till at length it becomes very frequent, and is not only of longer duration, but much severer each succeeding fit.

After repeated attacks, the joints loose their flexibility and strength, and become so stiff as essentially to interfere with their performing their accustomed motions. On the joints of the fingers little hard swellings or small nodes arise, chalky concretions are formed, and both the kidneys and bladder occasionally become affected with small stones of a similar nature.

*Treatment.*—Although much might probably be done, especially in old or debilitated constitutions, to prevent a return of the gout, by using mild means, yet during the continuance of the fit, it is by no means likely that any thing but the free use of the vapor bath, with the use of the whole course of medicine, would do much towards checking the disease.

When the complaint goes off naturally, it is commonly by perspiration, and hence we have, from nature, an unerring indication that the vapor bath is one, at least, of the surest and best means of cutting short the fits of this most painful malady. The affected part should also be bathed with No. 6, made more stimulating by the addition of a quantity of capsicum, or with pepper and vinegar. This should be applied so as to produce a warm or burning sen-

sation on the skin, or it will avail little or nothing in affording relief. If these applications, however, fail of producing this effect, place a few pods of the common red pepper in warm water until perfectly softened, then open and apply them, with the inside of the pod to the part affected, which will rarely fail of creating a powerful sensation. A free use should be made internally of cayenne, both during the course of medicine as well as afterwards. The bitters must likewise be freely used, and the course of medicine repeated as often as necessary, until a cure is effected.

If the attack be mild, however, we may attempt to give relief by the application of hot stones or bricks to the affected part, and by giving repeated doses of the cayenne; at the same time bathing the part as just directed. After persevering in this manner for a reasonable time, if relief be not obtained, a full and thorough course of medicine must be resorted to.

As a preventative, the composition powders, No. 4 or spice bitters, or capsicum, may be used at discretion, and persisted in until the symptoms are removed. To relieve the acidity of the stomach, which so uniformly precedes an attack of the gout, pearl ash water or white ley should be freely used, and the employment of the bitters at the same time will strengthen the stomach, and check the production of the acid. Should these means not remove the gouty symptoms, a regular course of medicine must be resorted to, as the only probable chance of preventing a recurrence of the complaint.

In addition to what has just been recommended, the wrapping of the part affected, as well as the whole body, in flannel, will be found a good preventative of the gout. The causes which produce it, such as indolence and the use of wine or other fermented liquors, should be avoided, and temperance and active exercise rigorously enforced. By strictly observing these rules, most persons might undoubtedly avoid the necessity of suffering from this painful malady.



## GRAVEL.

By the term gravel, we understand a collection of sand, or small particles of stone, collected in some part of the body, in the kidneys, urethra, or the bladder. There is contained, no doubt, in our food and our drink, the agents which form the gravel and stone. There is a sufficient quantity of sand, either in a native state, or combined with other substances, to produce or form calculus affections. When the system is healthy, these ingredients are carried off by the proper secretions of the system. But when there is debility of any organ, especially the kidneys, they become incapable of expelling such sandy concretions, and consequently they lodge in the kidneys, ureters or bladder.

In general, these minute portions of gravel pass off, without occasioning much disturbance or disease. But if there be an excess of uric or any other acid, a chemical union takes place, and these particles of stone are united, or combined together, and there is a constant apposition, until they become considerably large, or a stone is formed. This stone or stones may be deposited in the kidneys or ureters, and give rise to inflammation of these organs; or it may pass down into the bladder, and, if not discharged, constitute all the symptoms of stone.

"The causes," says Gibson. of the formation of urinary calculi, although frequent attempts have been made to investigate them, have never yet been unravelled. We know, indeed, little beyond this, that the disease prevails in certain countries and districts, more than in others; and that, in some climates, especially very warm ones, it does not exist. Throughout the United States, which embrace a very extensive tract of country, fugitive cases may be every where seen; but, upon the whole, the complaint must be considered by no means common, if we except some portions of the western country, especially Kentucky, Alabama and Tennessee, where it is exceedingly frequent and usually attributed to the use of lime-stone water. All substances, containing azote, furnish matter for the formation of uric acid, into which it is readily transformed,

and tends to the production of gravel. The use of animal food and other analogous aliments, tends to diminish the quantity of urine, at the same time that it increases the proportion of uric acid ; whereas a vegetable diet has the contrary effect. Those who are in the decline of life, and who have been much engaged in sedentary employments, as likewise those who are much afflicted with gout, are in general very subject to nephritic complaints ; but it is a matter of notoriety, that the period of life from infancy to about fifteen years, is most subject to the formation of calculi in the bladder, and that the children of the poor are afflicted in a greater proportion than those of the opulent. From the difference in the structure of the urinary passages of the sexes, men are much more liable to them than women. In warm climates, we seldom meet with instances of calculus concretions, forming of any size, either in the kidneys or bladder, as the particles of sand deposited from the urine, usually passes off before they can adhere together, owing to the relaxed state of the parts ; but in cold ones, they are found frequently of considerable magnitude.

Excess of urea is not unfrequently met with, especially in children and persons depositing the phosphates. In these cases, the urine is generally pale, but sometimes high-colored, like porter and water mixed. When recently voided, it reddens litmus paper, and is for the most part free from sediment.

It is stated that a long use of fermented liquors, and of wines abounding with tartar, may possibly, in some constitutions, prove occasional causes of the gravel and stone. Intemperance, by producing debility, may occasion gravel.

When urea is in excess, there is usually a frequent and almost irresistible desire of voiding the urine ; but this does not arise from a fulness of the bladder ; for in general, only a small quantity is voided at one time, but, from the frequency, the total quantity voided in a given time not being greater than natural. In cold weather the quantity is augmented, and it is also increased by all causes producing mental agitation. There is often a sense of weight, or dull pain in the back, and an occasional irritation about the neck of the bladder, which now and then extends along the

urethra. The pulse, however, is not affected, and the tongue is clean; there is no remarkable thirst nor are the functions of the stomach and bowels much deranged.

A fit of the gravel is attended with a fixed pain in the loins, numbness of the thigh on the side affected, nausea and vomiting, and not unfrequently with a slight suppression of urine. As the irritating matter removes from the kidney down into the ureter, it sometimes produces such acute pain as to occasion faintings and convulsive fits. The symptoms often resemble those of nephritis, or inflammation of the kidneys; but the deposition of reddish brown sand, or very fine powder of the same color, in the urine on becoming cold, will demonstrate the difference.

When gravel has once formed in the pelvis of the kidney or elsewhere, it continues to increase, by receiving on its surface new layers of uric acid successively precipitated; of which we may be convinced by cutting the concretions transversely, which enables us to perceive that they are almost entirely composed of concentric layers.

One of the principal diagnostic symptoms of calculus in the kidney is the dark appearance of the urine, as if it were mixed with coffee grounds, evidently depending on broken down particles of blood, proceeding from the obscure but continued irritation of the kidney. When this occurs in conjunction with a dull, heavy pain in the loins, there can be very little doubt of the presence of calculus in the kidney. In mere inflammation of this organ, when no calculus is present, the urine does not put on the above appearance.

The symptoms which attend on a stone in the bladder, are a frequent inclination to make water, which flows in a small quantity, is often suddenly interrupted, and is voided towards the end with pain in the glans penis. The patient, moreover, cannot bear any kind of rough motion; neither can he make use of any severe exercise, without enduring great torture, and perhaps bringing on either a discharge of bloody urine, or some degree of temporary suppression. With these symptoms he experiences pain in the neck of the bladder, tenesmus, itching and uneasiness in the

anus, frequent nausea, and sometimes a numbness of one or both thighs, with a retraction of one of the testes.

The long-continued irritation of the coats of the bladder by the stone, produces a considerable thickening in their substance, but principally in the muscular coat, the packets of its fibres becoming large, and incapable of that dilatation which they formerly possessed; their irritability, however, increases, so that they are excited to contract upon a few drops of urine, and thus, by pressing the stone against the part, already too sensible to pain, an almost constant state of suffering is kept up. The bladder in time becomes more diseased, the inner coat constantly inflamed, and sometimes ulcerated; all the unfavorable constitutional symptoms increase, and unless the stone is removed, the patient's sufferings increase, and are only ended by death.

Disordered affections of the prostrate gland are those which, without proper attention, are most likely to be confounded with stone in the bladder. One mark of distinction which the practitioner will do well to attend to is, that in the prostrate affection, the pain experienced in making water will be always in the commencement of micturition, while on the contrary, it is most usually during the passage of the urine, or when the bladder is nearly emptied, that pains and obstructions are perceived in cases of calculus. Another important diagnostic of stone is, that the irritation which it induces does not so much affect the general health as the same degree of local disturbance from other causes.

*Treatment.*—In treating this disease, our object must be to expel the gravel from the system, which must be accomplished, first, by relaxing the parts which are the seat of the affection, and, second, by administering stimulating diuretics. If we are called to treat a fit of the gravel, the most speedy way of giving relief will be to administer freely of the nerve powder or skull-cap; the doses to be in proportion to the urgency of the symptoms. This medicine will so far diminish the sensibility of the parts, by its sedative effects, and at the same time take off the tension or relax them, that the spasms or fit will be allayed. There is usually very severe pain across the kidneys, pro-



ceeding from the irritation of the calculus. When these symptoms occurs, fomentations will be found useful. Hops and wormwood, simmered in vinegar, must be repeatedly applied, and it will be found of great service to throw the patient into a free perspiration ; to effect which, let the feet be bathed, and a strong infusion of spearmint tea be given ; this plant has a tendency to allay the vomiting, to produce perspiration, and at the same time promotes a discharge of urine ; and should it be necessary, the vapor bath may be used. If there is a stranguary the spirits of mint may be freely given.

The spirits of mint is made by pounding or bruising the green plant (spearmint) to a pulp or soft mass, then adding sufficient of the first runnings from the still of Holland gin, to make saturated tincture. The watery portion will so far dilute the gin, that it may be taken without the addition of any menstruum. This is to be given as often, and as much as the patient can bear. No fear need be apprehended of inflammation arising from the stimulating properties of this medicine. There is no other preparation says an eminent practitioner, so exceedingly efficacious in producing the discharge of urine, as the above, in retention from any cause. He says, that he was called to a case where two physicians exerted their skill in vain, in a case of retention of urine from gravel and calculi, and after giving this preparation, or a similar one, all the symptoms of the complaint subsided in a very short space of time.

He says having none of the medicines then prepared, I went into the garden, and broke off a quantity of the tops of the plant, bruised it, and put it into a quart bottle, and then filled it up with best Holland gin. Of this I directed the woman to take about a wine-glassful as often as the stomach would bear. The effect of the medicine was almost immediate. Although she was exceedingly reduced from pain, arising from a long retention of urine, but a very short time elapsed before she was better. Nor was she, like too many of the present day, ungrateful for the benefit received. In addition to the commendation bestowed, when I presented my bill, she most promptly produced a bag of silver, and evinced, by her manner and feelings, a disposition to

pay double the amount. But, alas, where we find one patient of this description, we find five, even after we have cured them of some desperate disease, who, instead of manifesting gratitude for the favor conferred, refuse to pay and probably will even censure.

Where the case is desperate, it may be necessary to use the warm bath, to produce sufficient relaxation to afford relief. The patient should take mucilagenous and diluent drinks; such as slippery elm, parsley, etc. Some mild physic should be given, and, in some cases, emollient injections will be required. After the urgent symptoms have been removed, and the ordinary symptoms of gravel exist, a tea-spoonful of the tincture of fir balsam, in a tumbler of wild carrot tea, may be taken three times a day, and, at the same time, let the person drink the following decoction: take marshmallow, three ounces; queen of the meadow, three ounces; add four quarts of water; boil to one, and then add two ounces of gum arabic. The dose is a tea-cupful, four or five times a day. It may be sweetened with honey. If nausea and vomiting attend the complaint, give the solution of the bi-carbonate of potash or sal æratus. This, also, not only has a tendency to allay the vomiting, but also to remove the calculous affection.

The following preparation has been found to be one of great value; take of poplar bark, skullcap, and the dust or powder of sumach berries, each a tea-spoonful; green lobelia, half a tea-spoonful; cool wort, a handful; boiling water a quart. Steep in a covered vessel, strain, add two tea-spoonsful of powdered slippery elm, and sweeten to suit the taste. This tea may be drank freely during the day; keeping it warm by the fire. It allays the pain which is experienced in passing the water, and has a soothing influence upon the whole system. The patient, in the mean time, should not expose himself to a cold or damp atmosphere.

The excessive pain which is caused by the passage of gravel, from the kidney to the bladder, may be relieved by the vapor bath, and an emetic of lobelia. Injections containing lobelia are also important. If the case is urgent, a full course of medicine may be given. The lobelia is par-

ticularly useful, because, by its relaxing influence, it diminishes the pain and facilitates the passage of the gravel. The same treatment is requisite in case a gall stone is lodged in the gall duct; and the mechanical action of vomiting aids essentially in promoting its discharge into the intestines.

## HEAD-ACH.

Head-ach is produced by a variety of causes, such as severe study, menstrual irregularities, disorders of the womb, a determination of blood to the head, and a deranged condition of the stomach and bowels. Persons often complain of it after a profuse diarrhœa, or excessive depletion by the lancet. In females, it is frequently occasioned by costiveness. If head-ach arises a short time after eating, we usually refer it to disorder of the stomach, but if not until an hour or two has elapsed, we infer that it is caused by an affection of the bowels. The pain may be either dull, vehement, or throbbing. Sometimes every part of the head is affected, while at others the pain is confined to the forehead, side of the head, or perhaps to a still more circumscribed portion. The most distressing form of the disease is what is termed sick head-ach, which not unfrequently harasses the patient for many years, and at last terminates in death. It comes on in paroxysms, which last from two to twenty-four hours, and are sometimes accompanied with vomiting.

*Treatment.*—Relief may be obtained by sitting near the fire, covered with a blanket, and taking composition sufficient to produce a perspiration. If the bowels are costive, an injection is indispensable. The digestive organs should be strengthened by spice bitters, or some other tonic, taken two or three times a day; and if the system is cold, chilly or inactive, cayenne and bayberry should be employed, particularly at bed-time. One of the best remedies, however, is an emetic of lobelia, which will generally afford entire relief, unless the disease is obstinate, or of long standing, and then a few courses of medicine will be required.

The head-ach snuff is serviceable in many instances. Where head-ach is the result of costiveness, the remedies employed in that disease should be employed.

Sick head-ach may generally be cured by a regulated diet, and the use of the hand bath every morning. A certain writer says, I have adopted this treatment in a great many cases, and never knew it to fail in producing the desired results. I may further add, he says, that I never knew an individual who subsisted entirely upon vegetable food, and bathed himself every morning in cold water, to be troubled with the malady.

#### HEARTBURN.

This consists of a distressing and gnawing pain in the stomach, accompanied with sour eructations, nausea, and sometimes fainting. It is a common symptom of dyspepsia. The food being imperfectly digested, it gives rise to a superabundance of acid in the stomach, together with an accumulation of wind. Some women suffer almost constantly with heartburn during pregnancy, but it generally disappears soon after delivery. It is caused by improper food, over-eating, very hot or very cold drinks, fat meat, butter, cheese, wine, ardent spirits, and whatever produces weakness or disorder of the digestive organs.

*Treatment.*—Besides temperance in eating and drinking, regularity in meals, and the selection of food that will not oppress or irritate the stomach, all of which are highly important, a cure is to be effected by the use of spiced bitters, or some other tonic, two or three times a day, and a dose of composition or cayenne and bayberry on going to bed. Slippery elm, or any other mucilage, is soothing to the stomach, and may be used freely. Alkalies are sometimes used to give temporary relief, but they do nothing towards accomplishing a permanent cure.

#### HICKUP.

This is a spasmodic affection of the stomach and diaphragm, arising from some peculiar irritation; and is most



common to youth and old age. It is also met with in hysterical women, and at the close of acute diseases or after mortification, in which cases it may always be regarded as the forerunner of death.

*Treatment.*—The common hiccup of youth or of old persons, may generally be removed by drinking a few small swallows of cold water in quick succession, or by exciting some degree of fear or surprise. A tea-spoonful of sharp vinegar, is likewise a pretty sure remedy; or a little essence of peppermint added to the vinegar will increase its medicinal powers.

If the complaint prove obstinate, however, or severe, give a few doses of the nerve powder, or the nervine tincture, or, in case these means do not afford relief, administer an emetic or a full course of medicine. A strengthening plaster might also be useful, applied to the pit of the stomach, or, instead of this, the part may be bathed with No. 6, or cayenne and vinegar.

#### HYDROCELE.

This complaint is confined to the testicles of males, and consists in a collection of water within the scrotum. It is rarely unconnected with some other complaint, though it sometimes exists in persons who are otherwise in good health.

In hydrocele, the scrotum becomes enlarged, sometimes to a very inconvenient size; has an equal appearance, is soft, with a doughy kind of feel, retains the impression of the fingers the same as other dropsical swellings. The countenance yellow; the appetite fails; the urine is deficient in quantity; the legs swell; the bowels are hard, and the patient has mucus stools.

*Treatment.*—If there appears to be a general debility of the system, or even only a slight derangement of the living functions, a course of medicine ought to be resorted to, and repeated as often as the symptoms of the case seem to demand it.

The parts may be fomented or steamed, by placing the patient over a suitable sized vessel, in which is put a strong

decoction of bitter herbs ; the heat or steam to be retained in the usual manner, by means of a blanket. Immediately after, let the herbs be enclosed in muslin or linen, and applied warm to the scrotum, to be repeated two or three times a day. This treatment should be applied not only to children, but to adults, as, in some cases, it may remove the disease without further application.

If, notwithstanding the above treatment, the water should not be carried off, a very slight puncture or opening must be made with the point of a lancet, sufficient, however, to drain off the water. When this is accomplished, the puncture should be covered with lint, which must be confined with a bandage around the part. Should the puncture, however, become inflamed, an elm or ginger poultice must be applied, and managed in every respect the same as any other ulcer.

After the operation of tapping and drawing off the water from the scrotum, the patient ought to be carried through a regular course of medicine, and, if necessary, repeated, which will have a powerful tendency to preclude, the re-accumulation of the water and prevent inflammation and mortification of the puncture, which sometimes takes place. Diuretics may likewise be useful, for which see under their proper head ; and if the scrotum should continue to fill with water, the tapping may be repeated, pursuing the medical treatment as herein laid down, until a cure is effected.

#### IMMODERATE SWEATING.

Immoderate sweating is commonly an attendant upon some other complaint, though it is sometimes an original disease. It always is the effect of weakness, accompanied by an unusual determination to the surface of the body.

The effect of profuse perspiration, when it prevails as a disease, is to increase the debility by which it is caused. It is most commonly met with in the last stages of consumption, and during the sweating stages of intermittent fevers, when much weakness and debility of the cutaneous vessels prevail, and especially during sleep.

*Treatment.*—The use of bitter and astringent tonics, will be highly useful in cases of debilitating sweats, but the remedy most to be relied upon in such cases is cold bathing. The patient should take a dose of cayenne or hot bitters, when he must be stripped, and have a quart or two of cold water poured on his shoulders, so that it will run down over the whole surface of the body, and then be wiped dry, and go to bed. Showering in this way may be done before the patient goes to sleep, or after he awakes, or both as may seem most prudent.

#### INFLAMMATION OF THE BLADDER.

This disease is characterized by pain in the region of the bladder, attended with fever and hard pulse, frequent, painful discharge of urine, with suppression and general tenesmus. It is occasioned by an improper use of acrid medicines, such as cantharides; by inflammation extending along the urethra or urinary channel; by permanent or spasmodic stricture; by local irritation, from the lodgment of a stone; by hardened fœces, or a diseased state of the prostrate gland; and by mechanical injury, as well as by all the usual causes of inflammation. Where this disease exists, an acute burning pain and some degree of tension at the bottom of the belly, with a constant desire to make water, a difficulty in voiding it, or total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition, a frequent and hard pulse; sickness and vomiting not unfrequently attend.

*Treatment.*—In the treatment of this complaint, care should be taken to keep the bowels loose, and to prevent any accumulation of the fœces in the rectum. For this object, laxative injections should be freely used, and if necessary, some laxative medicine taken into the stomach. To answer either of these purposes, our anti-bilious family physic, slippery elm, or the butter-nut syrup, may be employed. The slippery elm taken into the stomach, will also have an effect to shield and soothe the inflamed part; and thus have a tendency to allay the irritation attendant on this complaint. Frequent doses of cayenne and nerve

powder, should also be taken, and a hot stone placed near the part affected

The abdomen in the region of the bladder should be bathed frequently with No. 6, rheumatic liniment, or vinegar and cayenne; or if the pain is extremely severe, flannels wrung out of either of these liquids, and warmed by the fire, may be applied, together with a heated stone wrapped in a damp cloth: or an application may be made of a poultice of corn flour and cayenne. Diuretics are beneficial, and may be freely given, and we would recommend the cool wort, and sumach berries, also mint and barley tea. The hip bath may be employed morning and evening. Fomentations of bitter herbs may be also applied over the region of the bladder. Injections into the rectum exercise a powerful influence over the bladder, and should be repeated every hour during the violence of the disease. They allay the pain, and tend in an especial manner to subdue the inflammatory action. Each injection should contain half a tea-spoonful of green lobelia, more or less, regulating the quantity so as not to occasion distressing nausea.

#### INFLAMMATION OF THE BRAIN OR PHRENITIS.

Phrenitis is an inflammation of the membrane or brain itself. When it occurs independent of any other disease, it is termed *idiopathic* or *primary*. It is called symptomatic when it is produced by some other disease, as fevers, eruptions, etc. Whatever causes a determination of blood to the head, produces an inflammation of the brain, or membranes. Hence we find that in this complaint, the blood recedes from the extremities, thereby producing coldness, and flows in an unusual quantity to the head, in consequence of which there is heat, inflammation, etc. The remote causes are fits of passion; intense application of the mind; great exercise; external violence of any kind; fractures or injuries of the head, intemperance; exposure to great heat of the sun, suppressed evacuations, etc. Symptomatic phrenitis is produced by the repulsion of febrile and cutaneous diseases.

Inflammation of the brain exhibits the following symp-



toms: It usually commences with inflammatory fever; flushed countenance, redness of the eyes, intolerance of light and sound, head-ach, watchfulness, and delirium. The patient experiences a fulness of the head, which is usually attended with a throbbing of the temporal arteries. The patient becomes restless, his sleep is disturbed, or wholly forsakes him. There is a peculiar disposition in the patient to injure or destroy himself, which he often accomplishes if he obtains a proper instrument. It is often preceded by great pain in the stomach, which no doubt is produced by sympathy of the brain. Sometimes fierce delirium does not commence within several days after the attack. The pain is sometimes in other parts of the head. The hearing is acute, sometimes the reverse. There is usually preternatural heat, while the extremities, particularly the feet, are cold, showing evidently a determination of blood to the head. The patient talks incoherently, and delirium gradually increases, till he arrives at a state of complete frenzy. The complaint sometimes, though rarely, intermits. Respiration is generally deep and slow, and now and then difficult; seldom hurried or frequent. The patient imagines that some persons or evil spirits are constantly pursuing him to take his life, from whom he starts with horror, and no argument or assertion can induce him to believe the contrary. Sometimes there is a discharge of mucus from the nose; occasionally blood. It is usually attended with a tremor of the joints, grinding of the teeth, twitching of the muscles of the face, which is often florid, then suddenly turning pale, with a general derangement of the internal functions, and whole system. The length or duration of this disease is very uncertain, as it may prove fatal in a week, or at other times it continues for months.

*Treatment.*—The indication of cure in phrenitis, is to divert the blood from the brain, by restoring the circulation in the extremities; in other words, by equalizing the circulation. Bathe the feet in tepid water, to which has been added a little pearl-ash or ley. Let this be repeated at least twice in twenty-four hours. It will be found useful to administer a purgative, in this disease, every morning, or every other morning; that kind which acts with pecu-

liar force upon the stomach and first passages. Nothing will be found better than the common physic, mentioned in this work, to be given as directed. It will be requisite to apply poultices or cataplasms of corn flour and pepper to the soles of the feet and between the shoulders. If the disease does not yield to the above, let a full course of medicine be given, preceded by two or three injections to evacuate the bowels; and the courses may be immediately repeated, if the unfavorable symptoms return; the head should be kept in an elevated position, to prevent the accumulation of blood in the organ, and heated stones, wrapped in damp cloths, placed at the feet and sides. Between the courses, the stimulating tea may be used to keep up a gentle perspiration, increasing the quantity of cayenne and lobelia, if desirable. Injections should be given four or five times a day, or oftener if necessary, as these have a powerful effect in counteracting the determination of blood to the brain. While the head continues hot, cloths wrung out of cold water should be applied to it, and renewed as often as they become warm. After the inflammation is checked, the health is to be restored by a light, nourishing diet, and the usual strengthening or restorative medicine.

#### INFLAMMATION OF THE EYES.

Soreness of the eyes may arise in consequence of some other disease, or it may be occasioned by other circumstances. The most common causes of sore eyes are. external injuries, such as blows, bruises, or other wounds on or about the eye; extraneous or foreign bodies getting under the eye-lids; exposure to cold or to cold winds; acrid fumes, such as the smoke of coal, wood or turf; the exposure of the eyes to a strong light; intemperance in drinking; reading or performing any kind of work requiring close attention of the eyes by candle light; and it is supposed sometimes to arise from an acrimony in the blood. It is also thought occasionally to take place from contagion; and often prevails as an epidemic, in which case it must proceed from a vitiated state of the atmosphere.

Inflammation of the eyes often comes on with a sensa-

tion as if sand had by some means got into the eye, which is especially the case at evening. In some instances this complaint gradually goes off. But at other times it is followed by, or accompanied with, heat, redness and pricking, with darting pains. Sometimes they continue in this situation through the whole course of the disease; whilst in other cases the eye-lids swell, the vessels of the eye become full and enlarged, great pain is excited in moving the ball of the eye, the patient cannot bear the light, and water issues from the eye of so acrid a nature, that it seems like scalding the skin wherever it touches; and in the highest stages of inflammation, the whole eye seems as if filled with hot water.

In extreme cases of inflamed eyes, if the inflammation cannot be speedily checked, suppuration will ensue, which has sometimes ended in the complete destruction of the eye-ball, and loss of sight.

*Treatment.*—A vast many external remedies have been recommended and used for inflamed eyes, sometimes one and sometimes another appearing to afford relief, whilst at other times nothing has seemed of any avail. Washing the eye with salt and water, or with sweet milk and water, will often reduce the inflammation and remove the pain; and in those cases where there is a sensation of sand in the eye, with little or no inflammation, the application, at evening, of a little soft tallow from the candle, will give ease.

A very good eye water may be made by steeping the leaves which remain on the beach tree during the winter, and applying it cold, by means of a rag, to the eye; or the pith of sassafras may be steeped in cold water, and applied in the same way. We have also heard a wash for the eye highly spoken of, prepared nearly as follows: Take of the limbs and twigs of sassafras, and steep a strong decoction, which must be strained, and a portion of mare's milk added to it.

Dr. Thomson directs an eye-water to be made in the following manner: Take white pond-lily, marsh rosemary, witch hazel and red raspberry leaves, make a strong tea of all or either of these articles, and add a small portion of No. 6 and cayenne. A little of this is to be introduced

into the eyes several times a day, and every morning wash the eyes by holding the face in clear water, and open and shut them until well washed.

Dr. ——— makes a very valuable eye-water, by mixing, at discretion, the tincture of lobelia, water and golden seal roots, finely pulverized, which, in a day or two, may be carefully poured off, and kept in vials for use. A little of this may be dropped into the eye, or it may be introduced into it in any other way, several times a day.

Some remarkable cures have been performed, by washing the eyes in water in which potatoes have been boiled. A decoction of golden seal alone, is highly extolled as an eye-water by some.

Poultices made of slippery elm, or of lynn or basswood bark, mixed with cold water, applied to the eyes, and renewed as often as they become warm, have often proved highly beneficial. Before they are laid on the eyes a thin cloth should be spread over them, to prevent the poultice from coming in immediate contact with them.

Other highly valuable preparations for the eyes, may be found under the head "Eye Water," in this volume.

But if these external applications fail of the desired effect, we can recommend nothing better than Dr. Abernethy's rule, which he laid down for all diseases, viz: "take care of the stomach." The common course of medicine, in bad cases, which do not yield to other means, such as mild cathartics, with the astringent and bitter tonics, must be resorted to, minding also to continue the external applications to the eye until the inflammation and soreness are gone.

In some instances, the eyes, although the soreness is entirely removed, remain weak and diseased for some time. In these cases, the eye-water should be made more stimulating with the addition of cayenne.

#### INFLAMMATION OF THE INTESTINES.

An inflammation of the intestines is occasioned by long continued costiveness, or hardened feculent matter, lodged in some part of the tube, by the strangulation of a protruded



portion of the gut, in a rupture, by preceding colic, eating unripe fruits or great quantity of nuts, and by schirrus tumors of the intestines, or strictures; but the most frequent causes is exposure to cold, particularly when applied to the lower extremities or belly itself, and occasionally by cold drink swallowed when the body is much heated by exercise.

This dangerous and painful disease is characterized by acute pain in the bowels, which is much increased upon pressure, and shoots round the navel in a twisting manner; there is obstinate costiveness, tension of the belly, and a vomiting, generally bilious, or dark and fetid; the urine is highly colored; the pulse quick, hard and contracted, with some degree of febrile heat, thirst and great depression or loss of strength. The patient is constantly belching up wind, and, in protracted cases, he even discharges excrement by the mouth, the motion of the intestines becoming inverted from there being no passage downwards.

The only disease which can be mistaken for this is colic; but an inflammation of the intestines is accompanied with fever, the other not; the pain, moreover, is considerably increased by pressure with the hands on the belly, whereas, in colic, it is thereby somewhat relieved. The chief symptom, indeed, which distinguishes inflammation of the intestines from a colic, is the extreme tenderness of the belly to the touch in the former disease, which, coupled with a quick small pulse and other appearances, usually attending on an inflammation of the intestines, cannot fail to point out with great certainty the nature of the malady. There is also in inflammation of the intestines or bowels, considerable swelling.

The following symptoms denote a favorable termination, viz: the pulse losing its frequency and becoming natural; the pain changing its seat, and not being confined to a particular part; the belly becoming less tender to the touch and less painful; stools taking place; the urine depositing a sediment, and a warm equable sweat diffused over the body. The symptoms which have already been enumerated as indicative of a mortification having taken place, point out approaching dissolution.

If, by the adoption of proper means, at an early period

we are able to subdue the inflammation, and copious evacuations by stool ensue, then there will be a gradual diminution of all the symptoms, and, in due time, health will be restored ; but when there is a sudden cessation of pain and anxiety, and the patient becomes calm and collected, the countenance assumes a livid and cadaverous hue, and the pulse intermits, hiccups and startings of the tendons takes place, the face and hands are bedewed with clammy sweats, and the extremities become cold, we may be assured that mortification has taken place.

*Treatment.*—We may commence the cure of inflammation of the intestines, with the free use of injections, and bathing the whole abdomen with a strong decoction of cayenne and vinegar. This last will not only materially assist in reducing the inflammation, but will also help to loosen the bowels, and promote the operation of other medicines.

After the administration of a few injections, some of which should be composed of slippery elm bark, steeped in catnip tea, no time should be lost in taking the patient through a thorough course of medicine ; and whilst under the operation of the emetic, care must be taken to keep a hot stone or brick near the bowels. If the course of medicine do not remove the pain, frequent doses of the stimulating tea, as well as injections, must be administered, and all other suitable means adopted to keep up a lively perspiration.

Bathing the bowels should also be repeated, as often as is necessary, to keep the excitement on the skin, or, in addition, to the rubbing, a pepper poultice may be applied.

Purgative medicines are highly improper, in inflammation of the intestines, and should never be administered.

The course of medicines must, if necessary, be repeated at discretion, according to the violence of the symptoms, and the strength and appetite restored, by the use of tonics.

If symptoms of gangrene occur, the patient is not to be abandoned, for a cure may be effected even then, provided the treatment is sufficiently prompt and energetic. Our chief reliance must be upon courses of medicines and injections.

As this complaint is exceedingly liable to a relapse from the slightest causes, the greatest care and circumspection should be observed after the disease is removed. Improper food and exposure to cold must be carefully avoided, and if costiveness occur, it ought to be immediately removed by injections.

#### INFLAMMATION OF THE KIDNEYS.

This complaint is considered of two kinds, which are no way different only in the causes which produce them, and in the seats of inflammation. One kind is occasioned by the gravel or stone, and is seated in the internal parts; the other is produced by the common causes of inflammation, and is seated principally in the membrane of the external part of the kidney; which last is the disease we intend to treat of here, the other having been sufficiently noticed under the head of gravel.

Inflammation of the kidneys may be distinguished from colic, by the pain being seated far back, and the urine being of a deep red color, voided frequently, and in small quantity at a time, and it may be known from rheumatism, by the pain not being much increased by motion. From the inflammation attending the gravel or stone, this complaint may be known by the fever, which attends it, from the first, and by the absence of some of the symptoms attending the gravel, such as numbness of the thigh, retraction of the testicle, etc. The causes which give rise to inflammation of the kidneys, are, external bruises, strains of the back, acrid substances conveyed to the kidneys in the blood, violent and severe exercise, either in riding or walking, exposure to cold, etc. There seems, in some, an evident predisposition to this complaint, particularly in persons of gouty habits.

Inflammation of the kidney is attended with a sharp pain on the affected side, extending downward along the course of the urethra, and there is a frequent desire to pass the urine, with much difficulty in voiding it; the bowels are costive; the skin is dry and hot; the patient feels great uneasiness, when he attempts to walk or sit upright, he

lies with most ease on the affected side, and is often afflicted with nausea and vomiting, costiveness and colic pains.

When this complaint continues beyond the seventh or eighth day, and the patient feels an obtuse pain in the affected part, has frequent returns of chilliness and shiverings, then there is reason to apprehend that matter is forming in the kidney, and that suppuration will ensue. Remission of the pain, fever and tension, followed by a copious discharge of high colored mucus urine, universal sweating, or a flow of blood from the hemorrhoidal veins, are favorable symptoms.

The terminations of this complaint are similar to those of other inflammations, either by resolution, suppuration, schirrus or mortification, though the latter is rare. In some cases of dissection after death, it has been found that abscesses had been formed, by which nearly the whole substance of the kidney was destroyed; and a few instances have occurred in which the kidney was schirrus and prodigiously enlarged; whilst others have been met with in which it was nearly wasted away.

*Treatment.*—In a mild attack of this disease, relief may be obtained by keeping the patient in a perspiration with composition tea, and the application of heated stones wrapped in damp cloths to his feet. Injections, diuretics, mucilaginous drinks, and stimulating applications to the small of the back, where the pain is seated, are all beneficial, if not indispensable, and may be used as directed for inflammation of the bladder. If both kidneys are inflamed, or the disease assumes a threatening aspect, one or more courses of medicine, are to be administered.

#### INFLAMMATION OF THE LIVER.

By this disease we understand an inflammation, either in the membranes or substance of the liver, characterized by febrile excitement, with tension and pain of the right hypochondrium or side, often pungent, like that of pleurisy, but more frequently dull or obtuse, a pain at the top of the shoulder blade and clavicle, and in the right side; difficulty of breathing, dry cough, vomiting and hickup. Yel-



lowness of the eyes sometimes appear. This disease is either chronic or acute. The causes are all those producing inflammation, schirrus tumors in the liver; injuries from external violence; biliary ducts; hot climate; obstructing the hepatic ducts; any thing that suddenly cools the liver after it has been much heated; drinking largely of wines and spirituous liquors; eating hot, spicy aliment; violent exercise; exposure of the heated body to the cold air, etc. Those who have exposed themselves to the destructive habit of drinking to excess, are particularly liable to diseases of the liver. Tubercles, schirrus hardness, and chronic inflammations, are the change, which, in general, are produced in this organ, by this pernicious practice. The acute species of hepatitis comes on with a pain in the right hypochondrium or side, extending up to the clavicle and shoulder, which is much increased by pressing upon the part, and is accompanied with a cough, oppression of breathing, and difficulty of lying on the left side; together with nausea and sickness, and often with a vomiting of bilious matter. The urine is of a deep saffron color, and small in quantity; there is a loss of appetite, great thirst and costiveness, with a strong, hard and frequent pulse; and when the disease has continued for some days, the skin and eyes become tinged of a deep yellow. When the inflammation is in the cellular structure or substance of the liver, it is called, by some, *hepatitis parenchymatoso*, and when the gall bladder, which is attached to this organ, is the seat of the inflammation, it has been called *hepatitis cystica*.

The chronic species is usually accompanied with a morbid complexion, loss of appetite and flesh, costiveness, indigestion, flatulency, pains in the stomach, a yellow tinge of the skin and eyes, clay-colored stools, high-colored urine, depositing a red sediment and ropy mucus; an obtuse pain in the region of the liver, extending to the shoulder, and not unfrequently with a considerable degree of asthma. The symptoms are, however, often so mild and insignificant as to pass unnoticed; as large abscesses have been found in the liver upon dissection, which, in the person's lifetime, had created little or no inconvenience, and which we may

presume to have been occasioned by some previous inflammation.

Hepatitis, like other inflammations, may end in resolution, suppuration, gangrene, or schirrus; but its termination in gangrene is a rare occurrence. The disease is seldom attended with fatal consequences of an immediate nature, and is often carried off by hæmorrhage from the nose, or hæmorrhoidal vessels, and likewise by sweating, by a diarrhoea, or by an evacuation of urine, depositing a copious sediment. In a few instances, it has been observed to cease on the appearance of erysipelas in some external part. When suppuration takes place, as it generally does, before this forms an adhesion with some neighboring part, the pus is usually discharged by the different outlets with which this part is connected, as by coughing, vomiting, purging, or by an abscess breaking outwardly; but, in some instances, the pus has been discharged into the cavity of the abdomen, where no such adhesion had been formed.

*Treatment.*—The principles of treatment are the same in this disease as in inflammation of any other internal part. We must endeavor to restore an equilibrium to the circulation, and when this is accomplished, the affected organ will be relieved. A tea of composition, or of cayenne and bayberry, may be taken sufficiently often to keep the skin moist; and if green lobelia be added to it in a small quantity, so as not to excite an unpleasant degree of nausea, it will still be more beneficial. Injections should be given several times a day, whether the bowels are costive or not; and if the side is very painful, applications should be made to it as directed for the abdomen, in inflammation of the bladder. If nervous symptoms arise, a portion of scullcap or nervine may be added to the other medicines. The strength of the patient should be sustained by some nourishing liquids, such as the oat meal, Indian meal, or unbolted wheat meal gruel. If the case is obstinate, a course of medicine should be administered, repeating it according to the degree and urgency of the symptoms. If the inflammation should terminate in an abscess of the liver, which is often indicated by chills, succeeded by flushes of heat, tonics should be given several times a

day, in addition to the other treatment, to keep up the strength and vigor of the system ; and if the abscess points externally, the elm and ginger poultice should be applied to promote the discharge of its contents, as in any other tumor or swelling which has proceeded to suppuration. During convalescence the feet should be kept warm and dry, and exposure to a cold or damp atmosphere avoided. Butter and all fat or oily substances should be excluded from the diet, as they tend to derange the stomach, and thereby injuriously affect the liver. In the chronic form of the disease, courses of medicine are generally required, together with thorough intermediate treatment.

#### INFLAMMATION OF THE LUNGS.

This complaint is characterized by a dull pain, in some part of the chest, difficulty of breathing, cough, frequent and commonly full, hard pulse, white tongue, high colored urine, etc. Inflammation of the lungs is mostly caused by exposure to cold, though it is occasionally produced by violent exertions in singing; or by playing on wind instruments. It also appears as a symptomatic affection in some diseases, such as measles, catarrh, etc. Persons who have had one attack of inflammation of the lungs, are found to be predisposed to returns of it.

It comes on with an obtuse, dull pain somewhere in the chest or side, great difficulty in breathing, especially if the patient attempt to lie on the affected side, hard cough, dry skin, heat, anxiety, flushing of the face and thirst. The pain in the chest is very much increased by coughing, or by drawing a deep full breath. The pulse, at first, is most commonly full, strong, hard and frequent ; but in the latter stages it usually becomes weak, soft and often irregular. At the commencement the cough is frequently dry ; but in some cases it is moist even from the beginning. The matter spit up is various both in color and consistence, being often streaked with blood, at which, however, no alarm need be taken.

If relief be not seasonably afforded, and the inflammation proceed with such violence as to threaten suffocation,

the vessels of the neck become turgid and swelled ; the face turns purple, an effusion of blood into the cellular substance of the lungs takes place, so as to impede the circulation through them, and death soon closes the scene.

Suppuration sometimes occurs, and may happen once in a while during the first week of the disease, but more usually in the second, which is to be known by an abatement of the pain and fulness in the part, slight shivering, the patient is able to lie with greater ease on the affected side, the feverish symptoms abate, and the breathing is less painful but more oppressed. When the collection of matter comes to maturity, it sometimes bursts into the air vessels or cells, and causes immediate suffocation ; whilst at other times it will be spit up. The spitting often continues long, and the patient appears as in a consumption. Sometimes the matter bursts into the thorax, in which case there is a possibility of recovery. The complaint is, in some instances, carried off by a great flow of urine, which deposits a copious sediment, or by a diarrhœa, by sweats, by bleeding from the nose, or by a free expectoration of matter from the lungs, without which last inflammations of the lungs very rarely terminate.

A high degree of fever, attended with delirium, much difficulty of breathing, acute pain, dry cough, or if there be an expectoration, of a very dark color ; or a sudden cessation of the pain, or of the expectoration, followed by a change of countenance, or of a lividness of the lips, and sinking or irregularity of the pulse, these denote great danger. But, on the contrary, an abatement of the fever, and of the pain and difficulty of breathing, taking place on the coming on of a free expectoration, or at the accession of any other critical evacuation, such as a copious discharge of urine, diarrhœa, or bleeding at the nose, we then may calculate on a favorable termination.

*Treatment.*—As this disease runs in its course, and proves fatal sometimes in a very few days, the most energetic measures should be taken at the very onset ; as by doing this, much pain and hazard, and even life itself, may often be saved. A most thorough course of medicine should be immediately resorted to, and repeated daily until the



violent symptoms are abated, and the patient out of danger. A strong tea of the butterfly or pleurisy root, taken freely, will be found to relieve the difficulty of breathing, and promote expectoration, as well as to reduce the inflammation. After the course of medicine, if the bowels are bound, a dose of some cathartic medicine should be taken, for which purpose a dose of the family physic will be found to answer a good purpose; always remembering, not only in this, but in all other complaints, to make injections answer to keep the bowels regular, if possible.

When the difficulty of breathing is great, frequent doses, consisting of from half to a whole tea-spoonful of the tincture of lobelia, must be administered; and if this does not afford considerable relief, the same quantity of the third preparation must be used instead of the lobelia tincture. These directions should by no means be disregarded, as the safety of the patient, in the most violent cases, will very much depend upon it. The vapor of vinegar and water, inhaled into the lungs, as hot as can be borne, will also be found an excellent method of obtaining relief from the pain and difficulty of breathing. It will likewise have a tendency to promote either the resolution or suppuration of the inflammation. This process may be often repeated, with the happiest effects. For the method of its application, see treatment of inflammatory sore throat.

In bad cases, much care must also be taken to keep up a perspiration, by the free use of cayenne, and the application of warm bricks, as a great deal will depend, in the worst forms of the complaint, on attention to this circumstance. After the disease is removed, the strength and appetite must be restored by the use of tonics.

#### INFLAMMATORY FEVER.

This type of fever is characterized by great inflammation, intense heat, frequent, strong and hard pulse, flushed countenance, redness of the face, etc. It may be readily distinguished from typhus, by its being attended with symptoms much more inflammatory. It makes its attacks at all seasons of the year, but is most prevalent in the

spring. Persons of all ages and habits are subject to it, but more especially those in the vigor of life, with strong elastic fibres and plethoric constitution. It is a species of fever almost peculiar to cold and temperate climates, being rarely met with in warm ones.

The attack of inflammatory fever is generally very sudden; commencing with distinct rigors or chills; the patient complains of debility, which is succeeded by dizziness and pain in the head, back, and more or less over the whole body. These symptoms are soon succeeded by redness or flushings of the face; the eyes assume a red and an unnatural appearance, and are intolerant to light. There is great throbbing of the carotid and temporal arteries, great restlessness, heat which is intense and biting thirst, difficult respiration and sickness at the stomach. The pulse is very full, hard, and quick, compressed with difficulty. If the attack is very severe, or if the fever is not arrested in the beginning, stupor and delirium will intervene, particularly in the latter stages. The mouth, throat, tongue and lips are very dry, and gradually become dark, the tongue of a scarlet color at the sides and furred with white in the centre. Occasionally there is an hæmorrhage, or bleeding from the nose; there is sometimes yellowness of the skin, and it is very dry and parched, swelling of the abdomen, the urine is scanty, red, or high colored, and there is usually constipation of the bowels. These symptoms undergo slight remissions, and exacerbations—the first occurs in the morning and the latter in the evening.

This fever generally goes through its course in one or two weeks, and often terminates critically, by perspiration, by diarrhœa, occasionally a slight hæmorrhage from the nose, or a deposition of much sediment in the urine. The crisis is generally preceded by some change in the pulse. Sometimes it runs into typhus, particularly after malpractice, or bad management, such as copious blood-letting, mercury, etc.

The termination of this disease depends almost wholly upon the treatment. If the fever runs high, or continues many days without any abatement of the symptoms, the event may be doubtful, and is still more dangerous if there

is picking at the bed-clothes, starting of the tendons, and involuntary discharges by stool and urine, with hickups. On the other hand, if the heat diminishes, and the other symptoms subside ; if there is a free and natural perspiration ; if the urine increases and deposits much sediment, and the pulse becomes more slow and soft ; if a relax, or diarrhœa ensue, we may with propriety predict a recovery.

*Treatment.*—From the character of inflammatory fever, it is obvious that our first attempt should be to diminish inflammation, and thereby prevent the mischief that may arise from it. To fulfil this indication, it is necessary to deplete the system, not by blood-letting, which will often bring on typhus, and other serious consequences, but by promoting all the secretions and excretions of the system. This is the only proper method to reduce inflammation. In an attack of this complaint no time should be lost in administering a course of medicine, which should be repeated every day until the urgent symptoms are removed. The forehead and temples may be wetted occasionally with water, or with vinegar and water, if there be much pain ; and injections should be freely used. If the bowels are much out of order, a cathartic may be administered, of the family physic. During the recovery, tonics ought to be used to promote the appetite and strengthen the digestive powers ; and if costiveness arise, injections of some mild physic must be administered. Strict attention must also be paid to diet ; scrupulously avoiding to overload the stomach, and shun all other causes likely to produce a relapse.

#### INFLAMMATORY SORE THROAT.

Slight cases of this complaint are commonly termed sore throat ; but if it proceed further, and threaten to suppurate, it is usually called quinsy. Inflammatory sore throat or quinsy, may be readily distinguished from the malignant sore throat, by the greater strength of the pulse, and difficulty of swallowing, and by the absence of ulcers in the throat, as well as by there being no eruption of the skin.

The causes which usually give rise to this complaint are,

exposure to cold, either from sudden changes of weather or from being placed in a current of air, wearing damp clothes, sitting in wet rooms, getting the feet wet, or by coming suddenly out of a hot room into the open and cool air. It may also be occasioned by violent exertions of the voice, blowing on wind instruments, etc. It principally attacks youth, or those of a full habit, being chiefly confined to cold climates, and occurs usually in the spring or fall. In some persons there seems to be a peculiar tendency to this disease, as from almost any exposure to the exciting causes, it is readily induced.

An inflammatory sore throat manifests itself by a difficulty of swallowing and breathing, attended by soreness, redness, and swelling of the tonsils, dryness of the throat, foulness of the tongue, pains in the part affected, hoarseness of the voice, and some degree of fever. As the disease advances, the difficulty of swallowing and breathing becomes greater, the speech is indistinct, the dryness of the throat and the thirst increase, the tongue swells, and is incrustated with a dark fur, and the pulse is full, hard, and frequent. When the symptoms runs high, the whole face partakes of it; the eyes are inflamed; the cheeks are florid and swelled; breathing is performed with difficulty, and the patient is obliged to be supported in nearly an erect posture to prevent suffocation. Deafness, delirium, and coma, sometimes occurs.

If the inflammation and swelling proceed to such a height as to stop the breathing, the face will become livid, the pulse sinks, and the disease is quickly ended by death. The chief danger arising from this complaint is the inflammation, attacking both tonsils at once, and causing so much swelling as to prevent a sufficient quantity of nourishment being taken, or by wholly impeding respiration or breathing; which last, however, seldom happens. Its most usual termination is in resolution, more rarely in suppuration, and scarcely ever in mortification. Slight fever, swallowing not much impeded, the inflammation being of a deep red color, moist sweat, and a copious *ptyalism* or spitting, or moderate diarrhœa, may be regarded as denoting a termination of the complaint in resolution. But if suppuration



is likely to ensue, the parts affected become more pale and less painful, a sense of pulsation is felt in them, and there are slight rigors or chills. The suppuration sometimes take place at the lower part of the tonsils, and then the matter is discharged into the œsophagus or gullet, and passes into the stomach, in which case it is only known to have happened by the immediate relief which the patient experiences. At other times, the suppuration takes place at the upper or front part of the tonsils, and the matter is discharged by the mouth, being of a clotted appearance, often mixed with blood, of a nauseating bitter taste and fœtid smell. The relief which is often obtained by the discharge of matter is very remarkable from its suddenness; for the patient, who a few moments before was not able to swallow the smallest quantity of any thing, and, moreover, breathed with the greatest difficulty, now feels perfectly easy, and is able to eat and drink freely. Sometimes, however, the disease does not terminate by a proper suppuration, but by several small abscesses, which produce trifling superficial ulcers, of a white or grey color: whereas, those in the putrid or malignant sore throat, are of a dark brown or black color. If mortification is about to take place, the parts affected lose their red shining color, and from being tense and tumid, they become flaccid or soft and loose, and their color changes to livid or brown; the pulse, from being strong, becomes small, weak and irregular; the face assumes a cadaverous or deathly appearance; cold, clammy sweats break out; the extremities are cold; coma and debility ensue; and death closes the scene. Terminations of this kind are, however, very rare.

*Treatment.*—In mild cases of sore throat, a strong tea of the witch-hazel leaves and golden seal, with the fourth of a tea-spoonful of cayenne in each dose, occasionally repeated, will generally remove it. In worse cases, the throat should be gargled with the same article, at the same time keeping the neck warm by the application of a flannel cloth or woollen cravat. The front part of the neck or throat, may also be bathed with pepper and vinegar, or the No. 6, and the patient should inhale the vapor of vinegar

and water, which may be applied by an inhaler, or by putting the vinegar and water hot into a coffee pot, and then dropping a small red hot stone into it, closing the lid, and holding the spout near the face of the patient, who should inhale the steam as hot as he can bear it. This process ought to be often performed, particularly where there is much pain and difficulty of breathing. The placing of a small quantity of cayenne pepper, in powder, on the back part of the tongue, as near as may be to the part affected, the patient endeavoring so to breathe as not to take any of the pepper into his lungs, has produced the most decided and happy effects. The operation should be repeated at suitable intervals, until the inflammation is removed. But if the use of these means does not afford timely relief, or if the attack be sudden and violent, then, in addition to these, a course of medicine should be resorted to, and repeated as often; and at such intervals, as the exigencies of the case may appear to require. In addition to what has been recommended, a poultice of slippery elm and cracker, made very stimulating by the plentiful addition of ginger and cayenne, and applied to the throat, will always be found very serviceable; and, in extreme cases, a gargle of the tincture of lobelia, with capsicum, has been used. And if swallowing be so interrupted that sufficient nourishment cannot be taken, the patient must be supported by injections of rich broths, soups, or porridge.

#### INFLUENZA OR CATARRH.

This disease consists in an increased discharge of mucus from the nose, throat, and wind-pipe, accompanied by a slight degree of fever. It attacks persons of all ages and constitutions, but more particularly the young, and such as have had former affections of the lungs; and it may take place at any season of the year when there are sudden changes of the weather, but it is most common in spring and fall. It often prevails epidemically, and to this form it is that medical writers apply the term influenza; whilst cases that occur incidentally are called catarrh. When it prevails epidemically, it undoubtedly depends upon the

state of the atmosphere ; though, in some cases, it has been attributed to contagion. In general it comes on with a dull pain or sense of weight in the forehead, sometimes preceded by a slight chill, a redness of the eyes, and a fulness and heat in the nostrils, which is soon followed by a discharge of thin acrid fluid from the nose, together with a soreness in the wind-pipe, hoarseness, frequent sneezing, dry cough, loss of appetite, and general lassitude ; towards evening, the pulse becomes considerably quickened, and a slight fever arises. In the progress of the disorder the cough is attended by an expectoration of mucus, which, at first, is thin, white and thrown off with some difficulty ; but becoming gradually thicker and of a yellow color, it is at length brought up with more ease and less coughing.

Influenza is seldom attended with fatal consequences, excepting with very young children, persons who are old and feeble, or those who are of a consumptive habit ; but usually terminates in a few days, if not too much neglected, either by an increased expectoration or spontaneous sweat. It, however, in some instances, lays the foundation for pulmonary consumption, or produces a tendency to asthma, or dropsy of the chest. Occasionally it becomes habitual, and is accompanied with difficulty of breathing, especially in winter. The descriptions which we have given, only applies to the worst forms of this disease, from which it may be traced, by imperceptible gradations, down to cases which do not interfere with a person's ordinary business.

*Treatment.*—A mild case of influenza may often be cured by sitting near the fire, covered with a cloak or blanket, and taking composition, or cayenne and bayberry tea, to keep up a moderate perspiration. Where the breathing is difficult, a small portion of lobelia may be added to the tea. An occasional injection will accelerate the progress of the cure, and if the bowels are costive, should not be omitted. The cough may be alleviated by any of the remedies enumerated for coughs. If there is severe pain in the chest, flannels moistened with No. 6, or some volatile liniment, may be applied, together with a heated stone wrapped in a damp cloth. If the disease does not yield, a course of medicine will be requisite, repeating it according to the circumstances of the case.

## INSANITY OR MADNESS.

Various names have been given to this disease, such as derangement, mania, craziness, etc. It consists in a derangement of the mental operations of the brain, generally unaccompanied with fever.

Insanity has given rise to a great many ingenious speculations, and fine spun theories, respecting its true definition, pathology, etc.; but as these cannot, consistently be introduced here, we must refer those of our readers who wish to obtain a knowledge of them, to such works as have professedly or incidentally, given the subject a more extensive investigation.

Writers generally divide insanity into two species, the melancholic and furious; which are again sub divided, by Dr. Good, into several varieties. But of these divisions we think it unnecessary to take much notice. Madness is occasioned, in general, by affections of the mind, such as anxiety, grief, disappointed love, jealousy, sudden frights, violent fits of anger, prosperity humbled by misfortune, religious terror or enthusiasm, and by abstruse study; or it may be produced by any thing which affects the mind so forcibly as to take the attention from all other affairs. In some cases, insanity proceeds from an hereditary predisposition or constitutional bias; and, of all the maladies, says Dr. Thomas, to which the human frame is liable, and which can be entailed upon posterity, mental derangement is surely the most deplorable. It is an indisputable fact, continues he, that the offspring of insane persons are more liable to be affected with insanity, than those whose parents have enjoyed sound minds; which shows, that a predisposition or constitutional bias to the disease may be entailed by either parent.

The great variety of symptoms and modifications which not only attend the onset of craziness, but also occur in every stage of it, would render any description of the disease imperfect. The dissimilarity of causes which have produced it, the different propensities and habits of life of different individuals, create, of course, a great variety of appearances, and diversity of symptoms in different pa-



tients ; all of which are continually modified by the circumstances which immediately surround them, or which incidentally take their attention.

The most distinguishable symptoms which attend the melancholic madness are, sadness, dejection of spirits, love of solitude, or a disposition not to move, or if the patient walks he appears to be in a great hurry, exhibiting singular gestures, with unwillingness to talk, or if he does, his remarks are often incoherent.

In furious madness, the complaint often commences with severe pains in the head, redness of the face, noise in the ears, wildness of the countenance, rolling and glistening of the eyes, grinding of the teeth, loud shouting or roaring, violent exertions of strength, absurd, incoherent or obscene discourse, unaccountable malice towards certain persons, particularly the nearest relatives and friends, a dislike to such places and scenes as formerly afforded particular delight, and, withal, sensation is so much impaired, that the unhappy patient will often bear, to a most astonishing extent, the effects of cold, hunger, and want of sleep.

The common form of insanity is that which is termed intermittent, in which there are paroxysms divided by intervals of quietness or rationality ; and it is said that patients who are in a furious state, recover in a much larger proportion than those who are melancholic. Under every form of the complaint, the hope of a recovery is usually proportionate to the length of time which has elapsed since the commencement of the disease. Advanced age always lessens the chances of cure, whilst youth increases them. It has been observed that females are more liable to insanity than males.

*Treatment.*—This disease requires both a mental and corporeal treatment ; in the former of which, a great deal of skill, judgment and acquaintance with human nature, are requisite to apply it to the best advantage.

It should always be a primary object to gain the confidence of the patient, and secure his respect and obedience, which can only be done by a mild evenness of temper, and an agreeable dignity of manners. When the confidence of the poor maniac is once obtained, a great deal

will have been accomplished, and the administration of suitable remedies in future rendered far less difficult. If the disease has been occasioned by troubles or misfortunes of any kind, endeavors should be used to excite a different train of thought, in order that the patient may forget the cause of his wo. Such kinds of exercise as the individual is most fond of, should be indulged ; and even hard labor has been found highly useful in removing insanity. In selecting the proper kinds of employment, strict regard should be paid to those which are least likely to produce allusions to the cause of the disease, such as are most agreeable to the patient, and which require the greatest bodily action with the least fatigue.

But in violent cases of madness, the patient should be confined alone, in a dark and quiet room, so that his mind may have a better chance of being composed, and thus become the more readily disposed to sleep. If he appears inclined to commit violence, he ought to be confined in such a manner as to prevent any hazard from that source, but in such a way as is least liable to prove a cause of uneasiness or of injury to himself. Where malevolence appears to be a prominent feature, and the person is very furious, close confinement, in the manner just detailed, is doubly necessary, and should be carefully and seasonably attended to. Great care, however, ought to be taken not to confine insane persons unnecessarily, as such restraint will inevitably tend to create an irritation of mind which will protract the complaint, and render it more difficult of cure.

In prescribing medicine for lunatics or crazy persons, the strongest tincture or tea of the nervine powder has been found of great service ; and in one case which has been reported to us, that the composition powders and biters effected a cure. This remedy gives tone to the nervous system in a more powerful manner than any other article with which we are acquainted ; and as those medicines which act upon the nerves most probably do it through the brain, the nervine powder seems eminently calculated to restore the healthy functions of this organ.

We would also recommend the third preparation of lobelia, especially in the furious fits, which it possibly might

put a speedy end to. Thorough courses of medicine should also be resorted to, and repeated at discretion, which we think would afford the best chance of correcting the morbid affection of the brain. The courses of medicine ought to be followed by the bitters; and if costiveness prevail, by injections.

It has, however, been found, that removing a lunatic patient to an asylum or hospital, affords the best chance of cure; as by this means he is separated from the objects with which he is familiar, and which often call up ideas associated with the cause of his derangement; and on this account, a change of situation and removal from his friends will be the more advisable; for it is a fact well known to those who attend insane persons, that patients are rarely recovered at home.

It not unfrequently happens, that maniacs, who have been brought from their families, and who were said to have been in a violent and ferocious state at home, become suddenly calm and tractable when placed in a lunatic asylum. And, on the other hand, it is also a fact, that there are many patients whose disorder speedily recurs after having been suffered to return to their families, although they have for a length of time conducted themselves, under confinement, in a very orderly manner.

#### INTOXICATION.

We deem it unnecessary to give any description of the symptoms of intoxication, as all persons, in civilized communities at least, are sufficiently acquainted with them. Intoxication may generally be distinguished from apoplexy by the smell of spirits, regard also being had to the circumstances attending the case, as well as the character of the individual.

*Treatment.*—A person apparently dead, or near dying from intoxication, ought to have his clothes, particularly his neckcloth, loosened; and if cold, should be placed in a warm, though not confined situation, and have a stimulating injection administered as soon as possible. This may be composed of warm water, tea or milk, with the addition

of half a tea-spoonful of cayenne, and the same quantity of lobelia, seeds, leaves and pods, or tincture ; or, for the want of cayenne, take black pepper or ginger in large quantity ; or if but one of the foregoing articles can be procured, use that, alone ; and if none can be had, warm water must be used for that purpose. These must be repeated until relief is obtained ; and if vomiting is not produced by injections, pour a table-spoonful of the third preparation of lobelia down the throat, which will scarcely fail to cause a free evacuation of the contents of the stomach. If it should fail, however, it must be repeated until it does operate, as much may depend upon cleansing the stomach of whatever may yet remain in it.

Affusions of cold water applied to the body, and particularly to the head, have been found very beneficial in many cases.

It is also stated in the Domestic Encyclopædia, that the internal administration of the urine of a healthy person will quickly remove the intoxicating effects of the liquor. The application of bottles or jugs, filled with hot water, or of hot bricks, to the feet and legs, will likewise be useful ; or if the means are at hand, the vapor bath may be more advantageously applied.

#### ITCH.

The itch is generated by personal filthiness, and is highly contagious. Impure air, and a coarse or meagre diet renders the system more susceptible of its influence. The disease is readily contracted by sleeping in a bed which has been occupied by a person infected. It has its origin in the skin, and commences with an itching between the fingers and about the joints, gradually extending to other parts of the body. When the patient is warm in bed, the itching is increased, which becomes at length almost intolerable. In the meantime, small pimples, filled with a watery or yellowish fluid, make their appearance ; and from the disposition of the individual to scratch himself, the disease is not only communicated to other parts, but the skin is often broken and converted into a sore.



*Treatment.*—An occasional dose of composition, especially at bed time, is all the medicine that is generally required internally, unless the health is impaired, and then either an emetic or a full course of medicine may be administered. If the appetite is impaired, the spiced bitters or some other tonic may be used. The diet should be light and chiefly vegetable, avoiding butter and all animal fats. If costiveness prevails, any of the remedies mentioned under that head may be employed.

There are many external applications which may be made with advantage. Among these are tincture of lobelia, meadow-fern ointment, an ointment of yellow dock, and No. 6 combined with one-fourth part of the spirits of turpentine. An application of the No. 6 alone, followed by one of the meadow-fern ointment, as soon as the skin has had time to dry, has been found very effectual. The patient should be washed thoroughly clean every day with warm water and soap; or the vapor bath may be administered, and the surface sponged with a tepid solution of sal æratus, or bi-carbonate of soda. One or the other of the above ointments or washes, should be applied every night and morning. If the skin is broken and irritable, it may be washed with a tea of sumach, or witch hazle leaves, and healing salve or a poultice applied, according to the nature of the case.

#### JAUNDICE.

This disease is occasioned by a diffusion of bile through the system, giving rise to a yellow color of the skin, eyes, urine, and even the perspiration. It comes on occasionally without any warning, but is usually preceded by langour, costiveness, flatulency, pain in the bowels, drowsiness, chills and heats, loss of appetite, bitter taste in the mouth, disagreeable itching over the whole body, and in some instances a dull or heavy pain in the right side. The stools are whitish or clay colored, and the tongue is covered with a dense yellow coat. Objects frequently appear discolored, having a yellow, or greenish aspect. In severe cases the skin becomes very dark, which has given rise to the

name of black jaundice. It is a curious fact, that while the urine and perspiration, in females, communicates a yellow tinge to linen, the milk is unaffected either in taste, or color. If the disease is not arrested, emaciation ensues, accompanied with night sweats, and difficulty of breathing.

Jaundice is caused by whatever interferes with the flow of bile from the liver into the intestines. Hence it may be produced by disease of the liver, by inflammation of the biliary ducts, or the presence of gall stones in these passages, or the bile may become too thick to be discharged through its natural channels. Inflammation of the inner coat of the duodenum, also, by obstructing the mouth or orifice of the biliary duct, may give rise to the malady.

*Treatment.*—In the treatment of jaundice, we must warm and invigorate the system with cayenne and bayberry, and keep the bowels thoroughly evacuated with injections. The latter may be administered several times a day, and are particularly beneficial, inasmuch as they cause the bile to flow again into the intestines, where it belongs. If the stomach is much disordered, it must be cleansed with an emetic, after which the spiced bitters, or some other tonic may be employed, to strengthen the digestive organs. In the meantime free use should be made of cayenne. If there is severe pain in the bowels, or side, flannels wrung out of No. 6, or other stimulating liquid, may be laid over the affected part. An occasional dose of lobelia pills may be employed with advantage. If the case is obstinate, or the symptoms alarming, a course of medicine should be given, repeating it at proper intervals, until the disorder is removed. If the breathing is difficult, lobelia in small doses will be serviceable. Mild cases of jaundice have been cured by a preparation of bayberry American aspen, and wild cherry tree bark.

#### KINGS EVIL OR SCROFULA.

In scrofula, there is great derangement of the stomach and bowels, and the whole system is more or less affected. Small moveable tumors or kernels are felt under the skin, in various parts of the body, but particularly along the neck.

The upper lip, and sides of the nose, are swelled. In children of a scrofulous habit, sores, and scabby eruptions are often observed about the face, and behind the ears. It is asserted that the disease is principally confined to those with a delicate skin, and light hair and eyes, but there does not appear to be any adequate foundation for this opinion.

When the tumors first make their appearance, they are free from pain, and the skin covering them is of a natural color. They may remain in this condition for two or three years, without causing the patient any inconvenience, or they may enlarge and suppurate in a much shorter time, acquiring a reddish, or purple color, and finally discharging matter, which is sometimes extremely acrid or corroding.

The eyes are often inflamed in scrofula, and the internal organs, such as the heart, liver, kidneys, brain, and lungs, become the seat of the scrofulous humor. The joints, also, especially those of the elbows and ancles, are liable to swell and suppurate.

Whatever deranges the health, or causes debility of the general system, has a tendency to produce the disease. Hence it is of frequent occurrence in the old school practice, in which mercury, and other poisons are freely employed. It is common among the poor, arising from unwholesome food, want of cleanliness, and deficiency of clothing. Medical writers assert that pigs, rabbits, and other animals may be rendered scrofulous in a short time by giving them very coarse food. A cold, damp, and changeable atmosphere, predisposes to the disease. It also frequently attacks persons working in factories, where the air is pent up and unwholesome.

The medical faculty are very unsuccessful in the treatment of scrofula, as one may well imagine, who takes into consideration the agents which they employ. Doctor Cullen says, "we have not yet learned any practice which is certainly or even generally successful in its cure." Doctor McIntosh, in his *Practice of Physic*, remarks, "we are told by almost every author, 'to correct the bad habit,' and improve the state of the constitution; but, as far as I am aware, we have never yet been told a proper method to bring about this desirable event, or, indeed, in what the

habit of body consists." Professor Hayward, of Harvard University, after observing to his class, that "the excessive use of mercury is supposed to develope scrofula," remarked, "almost every article of the materia medica has been tried in the disease, and abandoned; and sometimes patients recover their health under any mode of treatment, provided it be not too severe or violent."

*Treatment.*—Thorough courses of medicine are required in this affection, for while the bowels are torpid, the digestion imperfect, the skin and liver inactive, and the circulation feeble and languid, it is impossible that there can be a permanent change for the better; but in proportion as these difficulties are removed, so will the general system recover its tone, and the disease gradually disappear. The courses may be repeated once or twice a week, according to the urgency of the symptoms, and cayenne, bayberry, restoratives and enemas, used freely in the intervals. Lobelia pills, the alterative mixture, or the tea for impurities for the blood, may be employed with more or less advantage. Cleanliness, pure air, exercise, and clothing adapted to the season and climate, are each important. The skin should be rubbed briskly every night and morning, with a coarse towel or flesh brush. The meals should be taken at regular hours, and nothing eaten that will derange or oppress the stomach. Butter, fat meat, tea, coffee, gravies, minced pies, and all mixtures of a similar kind, are more or less injurious. The unbolted wheat bread, rice, hominy, mush and milk, tapioca, sago, ripe fruits, soft boiled eggs, and the lean part of a tender beefsteak, provided the patient has been accustomed to animal food, may be used with benefit. The hand bath is an invigorating agent, where there is no objection to its employment.

The scrofulous tumors, if not too far advanced, may often be dispersed by applications of the Indian meal poultice, or a plaster composed of meadow-fern ointment, cayenne and lobelia. The tumors may sometimes be removed also, by keeping them constantly wet with No. 6. If suppuration has commenced, however, they must be poulticed until the matter is discharged, when an application may be made of the healing salve. If the joints are affected, and have



proceeded to suppuration, they must be treated in a similar manner. Sometimes a scrofulous ulcer leaves a considerable cavity, particularly in the breasts of females, and, in that case, it should be syringed gently with an infusion of sumach, witch hazle, or raspberry leaves, rendered slightly pungent with No. 6, if the sore is not too irritable; and when the cavity is sufficiently cleansed, its surfaces should be brought into contact, by a compress and bandage, so that they may form the necessary union. Without this precaution, it is sometimes impossible to cure an ulcer, however active or judicious the treatment may be in other respects.

## LOCK JAW.

This is a disease in which the jaws become locked from spasm or rigidity of the muscles. It is occasioned by wounds, bruises, mineral and vegetable poisons, sudden changes from heat to cold, surgical operations, drinking cold water when the body is heated, and a variety of other causes. Punctured and lacerated wounds produce it more frequently than injuries of any other description. It usually commences with stiffness of the neck and shoulders, which ultimately extends to the jaws, accompanied by difficult and painful swallowing. At length the jaws become permanently closed or pressed together. Sometimes the whole body is affected with the spasms, being drawn forward, backward or sideways, according to the convulsive action of the muscles. There is tightness of the breast, with a severe pain in the region of the stomach, darting backward to the spine. The countenance is hideously distorted, and the respiration labored and difficult. The jaws usually remain fixed, but in other parts of the body there is usually a succession of spasms, until the whole frame becomes rigid and motionless. The disease occasionally attacks new-born infants, but is of rare occurrence among old people.

The diplomatized physicians acknowledge that they have no remedy for this dreadful malady.

Dr. McIntosh says, "after a careful review of the cases

recorded in the annals of physic, no plan of treatment hitherto employed seems to have been attended with benefit. Bleeding, purging, cold and warm bathing, all the most powerful narcotics, and mercury, have each had its warm supporters, but with little success."

*Treatment.*—We have so much confidence in the botanic remedies, that we think a case of locked jaw would scarcely ever occur, if such injuries as produce this complaint were properly treated by them. Patients, attacked with the locked jaw, may be speedily relieved by the use of the third preparation of lobelia, which may be poured into the mouth, between the teeth, and as soon as it comes in contact with the parts about the throat, the rigidity of the muscles will give way and the mouth open. It may be given in the dose of one, two or three tea-spoonsful, and repeated every five minutes until the desired effect is produced; and, in the meantime, heated stones wrapped in damp cloths should be placed about the patient, and two or three injections administered. These should contain rather more than the usual quantity of lobelia, as this medicine tends, in a powerful manner, to subdue the spasms. As soon as the patient is relieved, so that he can swallow without difficulty, a thorough course of medicine should be given, making free use of a tea of cayenne, bayberry and scullcap, the latter of which is particularly beneficial in diseases of this description. If the health is feeble, it may be necessary to give a succession of courses, attending strictly to the diet and intermediate treatment.

#### MALIGNANT OR PUTRID SORE THROAT.

Soreness of the throat, with fever, stiffness of the neck, and inflammation of the fauces or back part of the mouth, quickly terminating in ulceration, characterizes this disease.

The putrid sore throat frequently arises from a humid or moist state of the atmosphere, and hence often prevails as an epidemic, making its attacks principally on children, and those of weak lax fibres. It is most prevalent in the fall and winter, though it may arise at any other season. It is also believed to be contagious, and often passes through

a whole family in that way. In some instances it is said to be so blended with scarlet fever as to make it difficult to determine of which affection the disease partakes the most. It is also met with occasionally in measles.

Putrid sore throat commonly makes its attack with cold shiverings, nausea, and vomiting, succeeded by heat, restlessness, thirst and debility; the eyes are red, a stiffness is perceived in the back part of the neck, with a hoarseness of the voice and soreness. On looking on the back part of the mouth there appears a fiery redness in every part, with a slight degree of swelling in the tonsils, which, however, is not so great as to interfere with breathing or swallowing. Upon further inspection of the mouth, it will very soon be found that a number of sloughs of a shade between a light ash color and a dark brown, are to be seen in the tonsils and other parts of the throat or mouth; the breath is also highly offensive; the tongue is covered with a thick brown fur, and the inside of the lips is beset with blisters containing an acrid humor, which, when discharged, corrodes or excoriates the part upon which it falls. There is commonly, also, a discharge of thin acrid matter from the nose, producing an excoriation of the nostrils. In infants, a purging is likewise apt to attend, which possesses the same acrid and excoriating character with the humor contained in the blisters, and that discharged from the nose. There is a considerable degree of fever, from the first attack, with a small, frequent and irregular pulse; and every evening the symptoms are increased, with slight remissions in the morning, attended with debility and general loss of strength. In some cases there is a delirium, which is of what is termed the low muttering kind. About the second or third day, large patches or blotches, of a dark red color, make their appearance on the face and neck, and, by degrees, spread, or appear on other parts of the body, even to the ends of the fingers, which feel swelled and stiff. These eruptions, after a few days, disappear, without producing any remission of the symptoms. Sometimes the inflammation extends up the eustachian tube, into the ear, producing ulceration, and occasionally deafness. The whole neck sometimes swells and assumes a dark red color.



As the sloughs continue to spread, they generally become of a dark color, the parts between them, at the same time, assuming a purple hue; new specks also arise, and the whole fauces at length are covered with thick sloughs, which, on falling off, exhibit ulcers, sometimes very deeply seated.

In the worst cases, the fauces appear quite black, the sloughs corrode deeper and deeper, and spread throughout the whole alimentary canal, and terminate at length in mortification; or, the symptoms of irritation go on increasing, and a severe purging comes on, the patient is cut off, generally before the seventh day, and, in some instances, as early as the third. When the evening paroxysm of fever runs very high, with great debility, depression or irregularity of the pulse, early delirium, coma, much vomiting, and diarrhœa, accompanied with considerable swelling of the throat, and dark colored spreading ulcers, very fœtid breath, livid spots on the body, or hemorrhage, we may calculate on the disease terminating fatally. But, on the other hand, if the pulse becomes more moderate and stronger, the breathing freer, the skin moist and soft, the red patches or blotches abundant on the skin, the back part of the mouth becoming more red, with a mitigation of the other symptoms, we may then expect a favorable termination. In cases where the fever is of a less putrid nature, and the symptoms are mild, and where the efflorescence or blotches, is succeeded by a remission of fever, and the remission continuing daily to become longer and more apparent, but little danger need be apprehended.

*Treatment.*—No time should be lost in administering a course of medicine at the very onset of this fatal malady. The bowels should be relieved by the use of injections, whilst purgative medicines must be carefully abstained from, as they would prove highly injurious to the patient. A free use must be made of the astringent tonics, such as the beth root, dewberry, bayberry, etc., with frequent repeated doses of cayenne. On account of the ulcers being seated in the mouth, the cayenne may be steeped, and use the tea instead of giving the pepper in substance. Occasional doses of composition powders will also be a proper



remedy. Pepper sauce will likewise be found a valuable medicine, and ought to be frequently used, especially if mortification be apprehended. In conjunction with the astringent tonics, it is presumed that few remedies possess so high a power of preventing putrefaction as the pepper sauce. Gargles must also be used to wash the mouth; for which purpose the pepper sauce, and a tea of some astringent tonic, with the addition of golden seal, may be used alternately, several times a day; and the steam of vinegar must be often applied, as directed for inflammatory sore throat.

Bathing the throat with stimulating washes and applying stimulating poultices, as directed for the complaint just alluded to, ought also to be adopted; and if the throat become so swelled or sore, as to prevent swallowing, the strength must be supported by nourishing injections. By pursuing the course which we have laid down, with such modifications as the peculiar symptoms of the case, or the judgment of the practitioner may dictate, there is no doubt this fatal malady might be robbed of many of its victims.

#### MEASLES.

This disease is ushered in by head-ach, and slight creeping chills, which are followed by feverish symptoms, hoarseness, difficult breathing, vomiting, swelling and redness of the eyes, a hoarse dry cough, drowsiness, sneezing, and a thin watery discharge from the eyes and nose. The eruption is sometimes preceded by delirium or convulsions. The tongue is covered with a white coat, and the breath is very offensive. On the third or fourth day, but sometimes considerably later, the rash makes its appearance about the face and forehead, and then successively on the body and extremities, reaching the feet in the course of twenty-four or forty-eight hours. It consists of small red spots, resembling flea-bites, which run into each other and form patches, leaving the intermediate skin of a natural color. The rash begins to fade in about three days, and from that time gradually disappears, accompanied with a separation of the cuticle or outer skin, in the form of scales. The febrile and

other symptoms are liable to continue while the eruption is out, unless subdued by proper treatment. In severe cases, the face and eyes are much swollen, the tongue brownish, and the rash of a dark or livid color, which has given rise to the name of black measles. This disease rarely occurs more than once in the same individual. Children are more liable to it than grown persons. It is contagious, and occurs at all seasons, but is most prevalent in the winter.

The measles and scarlet fever bear a close resemblance to each other, but the former may be distinguished by the hoarse, dry cough, the sneezing, the inflamed and watery eyes, the thin discharge from the nostrils, and the natural color of the skin between the patches of eruption. Among the unfavorable symptoms are delirium, copious diarrhœa, a tendency of the eruption to recede, and a pallid or livid color of the skin.

In the old school practice, the measles are apt to be followed by consumption, dropsy, inflammation of the lungs, and other equally dangerous disorders.

*Treatment.*—In the milder form of the disease, nothing more is required than an occasional dose of composition to keep the skin moist; and if the bowels are confined, an injection may be administered once or twice a day. Exposure to a damp or cold atmosphere must be avoided. A dose of composition must be administered at bed time, and a jug of hot water placed at the feet. The diet is to be light, and easy of digestion, consisting of wheat jelly, the unbolted wheat meal gruel, or any similar preparation, which is not likely to oppress or irritate the stomach.

If the eruption is slow in making its appearance, accompanied by fever and difficulty of breathing, an emetic of lobelia should be administered, or if necessary, a full course of medicine. This, with a free use of cayenne, will bring out the eruption, and after that, by keeping up a gentle perspiration, all unfavorable symptoms will be obviated. If there is a tendency of the skin to become hot and dry, the stimulating tea may be employed, and an injection administered every hour or two. The same treatment is requisite in case the eruption suddenly disappears, or the skin assumes a pallid or livid color.

The cough and difficulty of breathing may be alleviated by any of the remedies usually employed for that purpose. If the eyes are sore or inflamed, they should be washed occasionally with a tea of red raspberry, witch hazel, or sumach leaves, rendered slightly pungent with No. 6. The use of the vapor bath, occasionally, after the disappearance of the eruption, will be a good preventive of the sore eyes and other troublesome complaints, which are apt to follow the measles; and if the cough continue bad, the whole course of medicine ought to be adopted, and repeated as occasion may require, until the urgent symptoms are removed.

#### MERCURIAL DISEASE.

The mercurial disease is characterized by great depression of strength, a sense of anxiety about the breast, irregular action of the heart, frequent sighing; trembling, either partial or universal; a small, quick, and sometimes intermitting pulse; occasional vomiting; pale, contracted countenance; sense of coldness, with the tongue but seldom furred.

Mercurial medicines have spread their ravages to such an alarming extent, that it has become an important part of the physician's study, to learn to designate and remove the painful and fatal maladies which are produced by their destructive powers. A great majority of the cases of liver complaint, and many of dyspepsia, which are so common of late years, may be traced to the use of mercury. A simple history of hundreds of chronic cases, of various kinds is, "I had the fever, was salivated, and have enjoyed bad health ever since."

*Treatment.*—It has been observed by medical writers, that there was no known remedy which would neutralize, or destroy mercury, in the system; that those laboring under its morbid influence, could only be relieved by such means as would promote its evacuation through the proper emunctories or outlets, by which other useless and injurious matter is removed from the body. How forcibly, then,

does this sentiment recommend the use of the vapor bath or steaming? This process, with the whole course of medicine, gives new energy to the living power, relaxes the constricted vessels, and thus enables the living machine to relieve itself of any poisonous matter by which it may be assailed or encumbered. When, therefore, we have reason to suspect that an individual is suffering from the effects of mercury retained in the system, we should resort to steaming in the most thorough manner. Nothing but the highest heat which can be borne, will be sufficient to drive this dangerous substance from the body.

In general, the same taste will be experienced in the mouth, whilst undergoing a process for removing mercury from the system, that was felt when the calomel was first taken; and in some instances salivation has ensued, and even purging. The face often becomes swelled whilst in the vapor bath; to relieve which, the patient should cover his head, so as to admit the hot steam to his face, and keep it exposed to the vapor as long as he can bear it; which process must be repeated until the swelling is gone. Or, after the steaming, when the patient is in bed, take a red hot stone, or brick, and cool it just so as not to burn; then wrap it up in a cloth wet with vinegar and water, with a dry one outside of this, and place it near the face, covering the head and inhaling the steam as hot as it can be borne. The steaming should be often repeated, the patient at the same time taking freely of the cayenne, and occasionally a full course of medicine. The No. 4 bitters, made very warm with cayenne, must be taken frequently during the day, and a dose of the nerve powder at night; or if there be much nervous agitation or trembling, the nerve powder, or its tincture, must be taken occasionally through the day. If costiveness prevail, the bitter root, or yellow parilla root, must be added to the bitters.

The patient should live on a good nourishing diet, and take gentle exercise in the open air, when the weather is dry; but by all means avoid any sudden and violent exertions of strength, as fatal consequences have been known to result from such causes.



## MORTIFICATION.

Wounds, amputations, inflammations, ulcers, and some diseases, have a tendency to terminate in mortification, the first process of which is termed gangrene.

The symptoms of gangrene in the four first mentioned cases, are—First, a sudden diminution of the pain and fever; secondly, a livid discoloration of the part, which, from being yellowish, becomes of a green hue; thirdly, a detachment or separation of the cuticle or external skin, under which a turbid or dirty looking water is found; and fourthly, a subsiding of the swelling, tension and hardness, while at the same time a crepitus or crackling is perceived on touching the part, owing to a generation of air in the cellular membrane. But when the part has become black, and of a fibrous or thready appearance, and destitute of natural heat, sensation and motion, it is then said to be in a state of mortification.

In putrid complaints, such as fevers and sore throat, and in dysentery, inflammation of the intestines, and in any other disease ending in mortification, the symptoms, so far as visible, bear in common the same general appearances and characteristics which are discoverable in mortification of wounds, ulcers, etc.

In dysentery, inflammation of the bowels, etc., where mortification is about taking place, there will be a cessation of pain and fever; the pulse becomes small, weak and irregular; the face assumes a cadaverous or deathly appearance; the extremities become cold, with cold clammy sweats over the whole body; and the patient is comatose or sleepy, with symptoms of great debility.

*Treatment.*—A variety of articles are used as external applications in cases of the mortification of wounded or ulcerated parts. A poultice of charcoal and yeast, or of the bark of sassafras, pounded fine, boiled and thickened with corn meal, with the addition of a small quantity of cayenne to either poultice, will be found very valuable remedies to prevent or check mortification. A poultice, made of the bruised root of the wild indigo, boiled, and

thickened with corn meal, has also been highly recommended as an application to mortified parts. The addition of a little capsicum, it is very probable, would increase the anti-septic power of this poultice, as well as the others.

Dr. Beach highly recommends the use of an alkali poultice, made by mixing the pulverized bark of slippery elm with weak ley, until of the proper consistence, and applying it moderately warm to the affected part.

The poultices should be frequently renewed, and at each renewal the ulcer ought to be washed with soap suds, then with a tea of witch hazel leaves, white pond-lily, dewberry, or some other astringent article, and lastly, with the No. 6; when a fresh poultice must be immediately applied. If mortification has gone so far that the life of the part is completely destroyed, that part which is dead will separate from the living when the mortification ceases, and it should then be removed. After its removal, the wound should be dressed with the healing salve, and if there be symptoms of inflammation, or any other bad action in the part, one of the poultices heretofore recommended, or the common elm and ginger poultice may be applied over the salve.

The internal remedies for mortification, which forms a very necessary part of the treatment, are such as increase the energy and tone of the whole system. For this purpose, occasional courses of medicine will be highly useful; and between these the composition powders, bitters, and cayenne, may be employed alternately, or in such way as the judgment may dictate. Wine is also considered highly useful, especially if the bitters be infused in it, in the proportion of about an ounce of the latter to a quart of the former; which may be taken in doses of two or three table-spoonsful, once in four or five hours. A tea of the wild indigo, taken internally, is highly recommended, as being valuable in mortification either internally or externally applied. It is recommended that the tea be taken internally, at the same time that the poultice is applied externally.

## MUMPS.

Mumps are distinguished by a moveable swelling, arising sometimes on one and sometimes on both sides of the face and neck, at or near the angle of the jaws. This disease is contagious, and the same individual is liable to it but once in his life; and hence it often prevails epidemically, particularly amongst children.

The mumps sometimes come on, especially when they attack persons who have arrived at, or near to, mature age, with a sense of lassitude and inactivity; chills and slight fever; stiffness and pain about the lower jaw, with sometimes nausea, and vomiting. The saliva glands then begin to swell, and continue to enlarge until the fourth day, when the swelling declines, and in a few days is entirely gone. In some instances, the swelling suddenly subsides, with an increase of fever, when the disease becomes transferred to the breasts of females, or to the testicles of males. Such cases as these are usually caused by taking cold. When it attacks grown persons, therefore, great care should be taken to avoid exposure. Sometimes, also, when the swelling of the face suddenly subsides, before the fourth day, the disease fixes itself in the head, with an increase of the fever, attended with delirium, and in some cases with fatal consequences. In a few instances where the swelling has been very large, suppuration has taken place, and occasioned great deformity, or by bursting inwardly, has produced suffocation.

There is, however, in general but little danger from mumps, excepting when the brain becomes affected, which, by proper treatment, may always be prevented.

*Treatment.*—The mumps is usually a very mild complaint, provided the patient avoids exposure to the cold. The swelling should be covered with a flannel, and bathed frequently with pepper sauce, No. 6, or third preparation of lobelia. The face should be washed in warm instead of cold water, as the latter is apt to cause a transfer of the swelling to the parts already named. Injections to free the bowels, if they are confined, and composition enough to keep the skin moist and of a natural temperature, is all the treatment that is generally required. If a violent fever

should arise, however, or the testicles or breasts should swell, a course of medicine is to be given, or at least an emetic to cleanse the stomach. The breasts, or testicles, as the case may be, should be bathed several times a day with No. 6, or volatile liniment, and a heated stone wrapped in several thicknesses of a damp cloth applied to them.

#### NETTLE RASH.

This is an eruption of the skin, manifesting itself in blotches or elevations of a red color. It is attended by heat and itching of the parts, resembling the sting of an insect. In children it is called hives. It is most common in the spring and autumn, and is apt to appear when the body is overheated by exercise, or the skin irritated by scratching. In some instances, the patient complains of drowsiness, loss of appetite, nausea, and head-ach. It is caused by the use of wine and ardent spirits; by particular kinds of food; by irritating applications to the skin; and more especially by over heating the system, and allowing it to cool suddenly.

No part of the body is exempt from the disease, and where many of the blotches "rise together, and continue an hour or two, the parts are often considerably swelled, which particularly happens in the arms, face and hands. The eruption infects the skin, sometimes in one place and sometimes in another, for one or two hours together, two or three times a day, or perhaps for the greatest part of twenty-four hours. In some constitutions it lasts only a few days, in others many months."

*Treatment.*—Relief is afforded by giving cayenne or composition to produce a perspiration, aiding the medicine, if necessary, with the vapor bath. In cases of drowsiness, or nausea, an emetic should be given to cleanse the stomach. The patient should be particular about his diet, eating moderately, and avoiding the use of fat meat, butter, pastry, gravies, and all unwholesome mixtures. If there is nervous irritation, a tea of skull-cap or nerve powder may be employed with advantage. Those predisposed to the complaint, should rub the skin every night and morning with a coarse towel, or flesh brush; and the hand bath would also be highly serviceable.



## NIGHTMARE.

Nightmare occurs during sleep, and consists of an anxious or fearful dream. The individual fancies that some monster is pressing on his chest; or that he is endeavoring to escape from an assassin, or a furious wild beast, without the ability to speak or move; or that he is about to be dashed to pieces by falling from a great height; or some other equally wild and horrible conceit. The respiration is impeded, and sometimes the patient is threatened with suffocation. The frightful sensations which are experienced, "generally originate in a large quantity of wind, or indigestible matter in the stomach, which pressing the stomach against the diaphragm, interferes with the respiration, or renders it short and convulsed. Flatulent distention of the intestines may likewise produce similar results." The individual on awaking, often finds himself bathed in perspiration.

*Treatment.*—If an attack is feared, a tea-cupful of cayenne and scullcap tea, or from three to five lobelia pills, may be taken at bed-time, and a jug of hot water, wrapped in a damp cloth, placed at the feet. This will keep the circulation active during the night, and generally prevent an occurrence of the malady. The individual should be particular, however, to avoid intemperance in eating, and particularly late or full suppers, and he will cease to be annoyed by the midnight intruder.

## PALPITATION OF THE HEART.

This disease is more common in the old than the young, and consists of a strong and irregular action of the heart, which is sometimes called *throbbing*, and when the action is more feeble, it is termed *fluttering of the heart*. During the attack, there is often difficulty of breathing, giddiness, nausea, fainting, and sometimes blueness of the lips. The palpitation is occasionally so strong as to be heard by the bystanders. It occurs in nervous affections, such, for example as hysteria, and is a symptom also of enlargement of the heart, and other diseases of this organ. It is a com-

mon result of blood-letting and the use of digitalis. It often accompanies a disordered state of the stomach and bowels, especially in pregnant women, and is mostly brought on by severe exercise and strong mental emotions. Injuries of the heart, by violence, also give rise to palpitation. Dr. Good mentions the case of a French soldier, who was wounded by a musket ball passing into his breast, which was followed by troublesome palpitation of three years continuance. In six years after the accident, he died of a complaint totally unconnected with the wound, and, upon examination, it was found that the ball which entered his breast was lodging in the right side of his heart.

*Treatment.*—The diplomatized physicians frequently pronounce this disease incurable, when, in fact, if they would cease to administer their drugs, the patient would speedily recover through the sanative operations of nature alone.

Dr. Good remarks, "it frequently happens that a palpitation of long standing, and which has been regarded as of a dangerous kind, has gradually gone away of its own accord, and left us altogether in the dark."

Dr. Cullen also mentions the case of a gentleman who suffered two or three years with violent palpitation of the heart, which was pronounced by many physicians absolutely incurable, but the disease gradually abated, and at length wholly disappeared.

In ordinary cases of palpitation, it will be sufficient to take a dose of spiced bitters before each meal, and one of composition, or cayenne and bayberry, containing a slight portion of lobelia, on going to bed at night. If the stomach is much disordered, it is to be cleansed with an emetic; and if the bowels are costive, an injection should be administered at least once a day. Where there is much nervous excitement, the lobelia pills, or a tea of scullcap, may be used advantageously. The food must be light and easy of digestion, and every thing avoided which has the slightest tendency to derange or oppress the stomach. Exercise in the open air will be beneficial, provided it is not severe or fatiguing; and the patient should be careful not to indulge in fits of anger, or violent emotions of any description. Cold bathing, also, in some form or other, is

of great service, as it tends to invigorate the system, and thereby to remove the disease.

If the patient is suffering under a severe attack of the disease, it may be relieved by the use of the stimulating tea, giving it in small and frequently repeated doses, until perspiration ensues, and, in the meantime, placing heated stones, wrapped in damp cloths, at the feet and sides. The latter, or the vapor bath in its stead, are indispensable, in order to invite the blood to the surface of the body; otherwise the use of stimulants internally, may increase rather than diminish the palpitation. So long as the skin is moist and there is an equilibrium of the circulation, the patient will be free from suffering. In affections of the heart, we would particularly recommend the application of external warmth, and the use of lobelia in doses just short of producing nausea. If the palpitation is owing to an affection of the heart, or is dependent on some obstinate nervous disorder, a few courses of medicine will be required, repeating them according to the violence or urgency of the symptoms.

#### PALSY.

Palsy is characterized by a loss of sensibility or feeling, and the power of motion, in some part of the body, particularly of the left side. This complaint may arise in consequence of an attack of apoplexy, or by any thing which prevents the passage of the nervous power or influence, from the brain to the organs of motion; and also by pressure on the nerves, in consequence of dislocations, or fractures of the bones, wounds, or other external injuries. It is also caused by the handling or using white lead, as in painting; by the poisonous fumes of metals, and by whatever has a tendency to relax, weaken, or enervate the body; hence those who lead a sedentary, luxurious and irregular life, or such as are engaged in intense studies, or labor under great distress or anxiety of mind, are subject to palsy. The aged and infirm are far more liable to its attacks than the young and robust.

Palsy generally comes on with a sudden and immediate



loss of motion and sensation in the part; though in a few instances, it is preceded by numbness, coldness and paleness, and sometimes by slight convulsive twitches. When the head is much affected, the eye and mouth are drawn to one side, the memory and judgment are much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, and has been of a long duration, it not only produces a loss of motion and sensibility, but likewise a considerable flaccidity and wasting in the muscles of the parts affected.

*Treatment.*—Courses of medicine, repeated at proper intervals, will cure most cases of palsy. The vapor bath of itself is a valuable remedy, and may be administered every other day, followed by an application of stimulating liniment to the entire surface of the body. Care must be taken that the vapor is not too hot, however, for if there is a great loss of sensibility in the affected parts, it will sometimes do serious injury, even at a temperature that would be agreeable and pleasant under other circumstances. Between the courses, cayenne, bayberry and spiced bitters may be freely employed, to keep up an action in the system, and invigorate the digestive organs. Injections may be used advantageously two or three times a day, whether the bowels are costive or not. The lobelia pills, or alterative mixture, will be found of essential service as a part of the intermediate treatment. The diet must be regulated, eating those articles of food which are light and easy of digestion, and taking care not to overload the stomach. The affected parts should be rubbed frequently with pepper sauce, volatile liniment, or tincture of cayenne, the latter of which is preferable where there is great coldness, or loss of sensibility. Flannels wrung of either of these liquids, and warmed by the fire, may also be applied, together with heated stones wrapped in damp cloths. The flannels may be renewed two or three times a day, until the sensibility is restored. The surface of the body should be rubbed, every night and morning, with a coarse towel or flesh brush, until the skin is in a warm or pleasant glow. Friction, up and down the course of the spine, is, in many instances, particularly beneficial.



If the paralytic shock has been caused by apoplexy, the same treatment should be pursued which is recommended under that head.

## PILES.

These are tumors, of various sizes, which are situated either within or at the verge of the anus, and consist of an enlargement or distention of what are termed the hæmorrhoidal vessels. They usually commence with a tingling sensation in the anus, or perhaps a feeling of uneasiness or oppression, and if the individual is much upon his feet, or exercises severely, they speedily enlarge, and become excessively painful. They are known as blind piles, when no blood is discharged, but otherwise, they take the name of bleeding piles. Sometimes they form a ring or cluster round the internal surface of the rectum, and interfere with the passage of the fæces, causing severe pain and suffering. They are often forced down at stool, and, in some instances, are returned with difficulty. The mucus or lining membrane of the rectum, being in a relaxed or debilitated state, is also apt to protrude. The local irritation generally extends to the bladder, and causes a frequent desire to pass water.

Piles are most common to persons in the middle period of life, and rarely occur in youth, or after the age of fifty. Pregnant women are very liable to them, and also persons of weak and relaxed habits of body. Purgatives are a fruitful source of them, and hence their prevalence since the introduction of Brandreth's Pills. They are also caused by a sedentary life, the frequent use of strong coffee, lifting or carrying heavy burthens, and, above all, by long continued costiveness.

In some instances the piles become inflamed, and the inflammation terminates in an abscess, which arises in the middle of the tumor, and degenerates into a fistulous sore. In other cases, the inflammation terminates in a hardened or indurated mass, which sometimes ulcerates, and discharges a thin, acrid matter.

The piles are so large, in some instances, as to fill the

rectum, and the excrements, if they are at all hard, cannot pass. Under these circumstances, the piles are forced out of the anus, at stool, in order to procure a free passage, and the internal coat of the rectum, is naturally protruded with them. If the bleeding piles come down in this manner, they discharge a considerable quantity of blood, because the anus, by the contraction of its muscles, forms a kind of ligature above them.

*Treatment.*—Particular attention must be paid to the bowels in this complaint, for if costiveness ensues, it will be rendered much more violent. Injections may be used once or twice a day, or any of the remedies may be employed to keep the bowels open, which are recommended under the head of costiveness. Food should be selected that will digest easily, and not oppress the stomach, such as preparations of Indian meal, ripe fruits, and especially the unbolted wheat bread. Apples are particularly beneficial, and may be eaten at each meal.

If the piles are sore or irritable, a tea of raspberry, sumach, or witch hazel leaves, may be administered by way of injection, and as soon as the smarting ceases, a portion of ginger, cayenne or No. 6, may be added to the tea. The injections must, in all cases, be strained, or the sediment may occasion pain and tenesmus.

The pile ointment may be used externally with great advantage, spreading it on a piece of folded linen, and confining it to the part by means of a bandage in the shape of the letter T. Where the piles are situated at the verge of the anus, however, there is no one thing which gives such immediate relief as the application of a piece of cotton wool, previously moistened with the essence of spearmint. It causes a pungent or smarting sensation, and if the pain is severe, may be removed in the course of ten or fifteen minutes. The application may be repeated, if necessary. From two to five lobelia pills, taken at bed-time, with a dose of composition tea, are highly useful, as they are generally followed by an easy stool the next morning.

If the piles have been neglected for a long time, and the general health is much impaired, it will be necessary to administer courses of medicine, repeating them according

to the circumstances of the case. Injections should be employed two or three times a day between the courses, particularly if there is an acrid discharge from the rectum.

#### PLEURISY.

Pleurisy consists of an inflammation in the membrane; which covers the lungs, and lines the cavity of the chest. An acute pain arises in one or both sides, which is increased by coughing or upon taking a full breath. The skin is usually hot and dry, the pulse hard and frequent, the tongue covered with a thick, white coat, the countenance flushed, and the urine scanty and of a deep, red color. The patient does not lie upon the affected side, but generally throws himself upon his back, as the most easy and comfortable position. Cough is not an invariable symptom; but when present, is either dry, or accompanied with a slight discharge of nearly transparent matter. In case the inflammation attacks the substance of the lungs, however, the matter expectorated is generally mixed with blood.

Pleurisy mostly occurs in persons of a full, robust habit, and is generally caused by exposure to cold, whereby the blood is thrown in an undue quantity upon the internal organs. The lungs, in consequence of the inflammation, sometimes adhere to the sides of the chest; but this is not considered a serious accident, for it does not interfere with the respiration.

*Treatment.*—The treatment which was recommended for inflammation of the lungs, is equally applicable in pleurisy. Medicines are to be given to produce a determination to the surface of the body; and as soon as the patient begins to perspire freely, he will generally experience relief. Cayenne and bayberry tea, lobelia in small doses, injections, and the application of heated stones, wrapped in damp cloths, to the feet and sides, are each important. In violent attacks, our chief dependence must be upon full and thorough courses.

As an application to the side, the following will be found extremely beneficial. Take equal parts of cayenne and brown lobelia, and make them into a paste with healing

salve. Spread this on a piece of linen of the proper size, and confine it to the region of the pain with appropriate bandages. The stimulating liniment will also answer a good purpose; or flannels wrung out of warm No. 6, volatile liniment, or vinegar and cayenne, may be applied, together with a heated stone, as already directed. The stone itself will frequently suffice to allay the pain.

After the disease is removed, the patient should not expose himself to a cold or damp atmosphere until his lungs become strong and vigorous, or he will be in danger of a relapse.

#### POISONING.

This is occasioned by a variety of mineral and vegetable substances, such as arsenic, corrosive sublimate, calomel, sulphate of zinc, tartar emetic, sulphuric and nitric acids, antimony, sugar of lead, nitre, prussic acid, opium, laudanum, digitalis, poison hemlock, belladonna, and so on to the end of the chapter. They act either by irritating or corroding the stomach and bowels, or by stupifying the brain and nervous system, giving rise to drowsiness, stupor, and frequently convulsions.

Persons are often killed through the carelessness of the apothecaries, who give them some deadly poison instead of the article for which they inquire. Mistakes of this kind are of frequent occurrence.

Arsenic is a well known poison, and is more frequently employed than any other for criminal purposes. In a large dose it is apt to excite vomiting, and may be discharged from the stomach without doing material injury. When not thus ejected, it frequently destroys life in a few hours. Among the symptoms which mark its progress, are a burning sensation in the throat, excessive vomiting, dizziness, griping pains in the stomach and bowels, purging of blood, hickup, difficulty of breathing and swallowing, livid and bloated countenance, great debility, fainting, insensibility, cold sweats, palsy of the limbs and convulsions.

The narcotic poisons, such as opium, give rise to drowsiness, stupor, a loud or snoring respiration, pale or livid



countenance, great relaxation, insensibility of the eye to light, and sometimes vomiting and convulsions. Death often takes place very speedily.

*Treatment.*—Vomiting should be produced without delay, so that the poison may be ejected from the stomach; and there is no emetic that will operate more speedily and effectually than lobelia. It may be employed in any of its forms, and should be given in full and frequent doses, until the desired effect is produced. During the operation, warm teas should be given freely to wash out the stomach. Slippery elm tea may also be employed with great advantage, both during the continuance of the vomiting, and for several hours after it has ceased. If the poison is followed by soreness or inflammation of the stomach, it will be advisable to administer a course of medicine.

It is stated by a medical writer, that a gentleman of Boston staggered into one of the infirmaries in that city, and said that he had injured himself by a fall. He was slightly delirious. His face was swelled, and of a livid color. In a short time he became insensible. A tea-cupful of composition tea, containing a tea-spoonful of brown lobelia, was poured down his throat in table-spoonful doses. In five minutes he vomited, and discharged a large quantity of dark colored matter. He then stated his suspicions that his wife had given him arsenic, which she had attempted to do once before. During the night he frequently became drowsy or stupid, but was as often revived by the composition and lobelia, as mentioned above. In the morning a thorough course of medicine was administered, which afforded almost entire relief. The patient complained of difficulty of breathing for two or three days, after which he recovered his usual health.

If poisoning is produced by an alkali, it may be neutralized by an acid, as vinegar or lemon juice and water, and thereby rendered inert.

If an essential oil has been swallowed, it may be rendered comparatively harmless, by taking a portion of brandy or other spirit. These antidotes should be immediately followed by an emetic, to cleanse the stomach.

## PUTRID OR TYPHUS FEVER.

This disease was formerly known as nervous or putrid fever, and is thought by some to be contagious; but it is probably owing to impure air, unwholesome food, a general neglect of the health, and other causes which tend to depress or impair the vital energies. It is most prevalent in jails, camps, hospitals, and the crowded and filthy hovels of the poor.

Typhus fever commences with a feeling of lassitude, want of appetite, debility, restlessness, dull and heavy eyes, giddiness, and confusion of ideas. These symptoms continue a few days, or perhaps a week, when the patient is attacked with chills, succeeded by flushes of heat; great depression of spirits; disgust for all kinds of food; white and clammy tongue; and pains in the head, back, and sometimes extremities. Vomiting also occasionally takes place. Fever now ensues, with the train of symptoms peculiar to the disease, such as dryness of the lips, thirst, giddy sensation on rising to walk, heavy feeling of the head, disinclination to motion, disturbed and unrefreshing sleep, and a tendency during the night to delirium. The skin is usually dry, but in some instances perspiration is observed on the upper portion of the body. Diarrhœa is sometimes an early symptom, though the bowels are generally torpid. Cough, difficulty of swallowing, and red and watery eyes, are liable to occur. Bleeding at the nose is not uncommon, and arises in various stages of the complaint. Blood is also discharged, now and then, from the mouth, nose and bowels. Rose spots on the abdomen are frequently observed, after the disease is fairly established. The memory now becomes imperfect, the hearing obtuse, the utterance slow and hesitating, and the delirium more wild and frequent.

The sinking stage next ensues, which is marked by great prostration, black incrustations about the lips and teeth, indifference to surrounding objects, pungent heat of the skin, swelling and tenderness of the bowels, rapid pulse, livid, or sunken countenance, rough and black tongue, dark spots upon the surface, watery and offensive stools, picking at

the bed-clothes, catching at imaginary objects, twitching of the lips, jaws, eye-lids, and hands, hickup, low muttering delirium, and a death-like stupor.

A natural warmth and moisture of the skin, abatement of the delirium, moist clean tongue, and a return of the appetite, are favorable symptoms; but if the delirium is continued, with an unnatural expression of the countenance, pain and swelling of the bowels, cough, difficulty of swallowing and breathing, loss of sight, purple spots on the body or extremities, red, swollen, or black tongue, black incrustations about the lips and teeth, cold clammy sweats, picking at the bed-clothes, and offensive or involuntary stools, we infer that there is great danger, though the patient is not to be abandoned as incurable.

*Treatment.*—In the early stage of typhus fever, we should administer two or three thorough courses of medicine, if so many are requisite, to remove the disease before the constitutional powers have been seriously impaired.

The courses may be repeated every twelve, twenty-four, or thirty-six hours, according to the degree and urgency of the symptoms; and in the intervals, we must endeavor to keep up a gentle and equal perspiration over the whole body, as in fevers of every description. For this purpose the following may be used. Take of green lobelia from a half to a whole tea-spoonful; bayberry and scullcap each a tea-spoonful; cayenne two tea-spoonsful; boiling water two tea-cupsful; steep in a covered vessel, strain, and sweeten to suit the taste. Keep the tea warm by the fire, and administer a table-spoonful of it every ten, fifteen, or twenty minutes, until the skin becomes moist. It is not necessary that the lobelia should be used in a sufficient quantity to produce any considerable degree of nausea. During the administration of the tea, a stimulating injection should be given every hour or two, which will have a special influence in keeping up a healthy action in the system, and maintaining the equilibrium of the circulation. A heated stone wrapped in a damp cloth should also be placed at the feet. If, notwithstanding this treatment, the skin becomes hot and dry, lobelia should be given to cleanse or evacuate the stomach, and if the patient is much enfee-



bled or prostrated, the infusion should be used without the sediment.

A tea of composition, or of cayenne and bayberry, will often suffice to keep up the perspiration after a course, without the aid of lobelia, but if there is a tendency of the fever to return, this medicine should always be employed in small and frequently repeated doses. Injections, let it be borne in mind, are of the utmost importance, and if the stools are offensive, or the bowels swollen or painful, they should be employed frequently. Thirst may be speedily allayed by the use of cayenne tea.

The diarrhœa which often occurs in typhus fever, may be checked, in many instances, by a tea of black pepper, steeping a tea-spoonful of the powder in a tea-cupful of boiling water, and adding sugar to suit the taste. If the first dose is not effectual, it may be repeated in one or two hours.

If the bowels are painful, or distended with wind, they may be rubbed with No. 6, volatile liniment, cayenne and vinegar, or a poultice of corn mush and cayenne, may be applied.

The sick chamber should be ventilated frequently, without exposing the patient to currents of air. The chamber should also be kept perfectly clean and sweet in other respects, and the bed-clothes, as well as the patient's linen, changed at least once a day. If the skin is very hot, great advantage will accrue from sponging it with cold water, previously administering a dose of cayenne, or composition, to keep a determination to the surface.

Purgatives must be avoided in typhus fever, particularly the latter stages of it, for there is a tendency of certain glands in the small intestines to become inflamed, or ulcerated, and under these circumstances, a cathartic can only be employed at the risk of the patient's life.

If the brain is affected, as is the case where delirium, or stupor occurs, the medicines are more or less tardy in their operation and require to be given in an increased quantity.

The food, throughout the disease, should be liquid, consisting of wine whey, slippery elm tea, or any similar preparation which will not irritate the stomach; and even



during convalescence, the diet should be light, and easy of digestion, as inattention to this matter is not unfrequently a cause of relapse. As soon as the fever is entirely subdued, the bitter or restorative medicines are to be employed, to increase the tone of the stomach, alternating them occasionally with cayenne, so as to keep up the requisite degree of action in the system.

REMITTENT OR BILIOUS FEVER.

By remittent is understood a fever that abates, but does not go off entirely before a fresh attack ensues; or, in other words, where one paroxysm succeeds the other so quickly that the patient is never without some degree of fever. It may also be observed, moreover, that the remissions happen at very irregular periods, and are of uncertain duration, being sometimes longer and sometimes shorter.

This fever is principally induced, as well as the intermittent, by the effluvia arising from marshes and stagnant waters, and is also apt to take place when calm, close, sultry weather quickly succeeds heavy rains or great inundations of water. In warm climates, where great heat and moisture rapidly succeed each other, remittent fevers often appear under a highly aggravated and violent form, usually prevailing as an epidemic. In this climate it is often very prevalent in the latter part of dry summers and in autumn; sometimes being of a mild character, and at other times more violent. It appears most apt to attack persons of a relaxed habit, those who undergo great fatigue, breathe an impure air, and make use of poor and unwholesome diet.

Remittent fever generally comes on with a sense of heaviness and languor, attended by anxiety, sighing, yawning, and alternate fits of heat and cold. The patient then experiences severe pains in the head and back, intense heat over the whole body, with thirst, difficulty of breathing, and dejection of spirits; the tongue is white; the eyes and skin often appear yellow; sometimes there is a sense of swelling and pain about the region of the stomach; nausea and vomiting of bilious matter, with a frequent small pulse. After the continuance of these symptoms for a while, the

fever abates considerably, or goes imperfectly off by a gentle moisture, diffused partially over the body, but returns again in a few hours, with the same appearances as before. In this manner, with paroxysms and imperfect remissions, it proceeds at last to a crisis, or is changed into a typhus or an intermittent.

The disease of which we are speaking has acquired the popular name of bilious fever, owing to the fact that in a majority of cases there appears to be an increased secretion of bile, which is thrown up in vomiting, and also passes off by stool, often giving the stools a dark or black appearance.

Bilious fevers are most commonly to be met with along streams, in the neighborhood of marshes, and near stagnant waters; and they arise most frequently in the latter part of summer and in the fall, but may also occur at any other period during the warm season. It often, however, appears in a much more aggravated form than that just described; for sometimes a severe delirium comes on, and the patient may die during the first paroxysm; or the remission, perhaps, is scarcely perceptible, and is immediately followed by another paroxysm, in which there is a considerable increase of all the symptoms. The fever now runs much higher, the face is greatly flushed, the thirst excessive, the tongue is covered with a dark brown fur, breathing is laborious, the pulse is quick, throbbing and tremulous. After a while, perhaps another short or imperfect remission takes place, but the symptoms again return with redoubled violence, and at length destroy the patient.

The symptoms of remittent fever are apt, however, to vary so much, according to the situation and constitution of the patient, and also the season of the year, that it is impossible to give a certain detail of them; for sometimes those pointing out a redundancy of bile predominate; sometimes the nervous are most prevalent, and at other times the putrid. A remittent fever is always attended with some hazard, particularly in hot climates. The shorter and more obscure the remissions are, the greater will be the danger, and each succeeding paroxysm will be attended with more danger than the former one was. On the

contrary, the milder the attack, and the nearer the fever approaches to an intermittent, the less we may apprehend a fatal termination. The grand object aimed at by many of the mineral doctors, in the treatment of this disease, is to change it into an intermittent fever, when, if they succeed, they think the patient out of danger, and abandon him to his fate; in which case he has the consolation of escaping the hazard of being destroyed by unnatural poisonous medicines, and of being cured in nature's own way.

*Treatment.*—From the symptoms in bilious fever, it will be seen that the liver, stomach and bowels are prominently affected, and this will at once suggest the necessity of thorough courses of medicine, to restore these organs to a healthy condition. At the commencement of a course, one or two injections should be administered, to evacuate the bowels, and as long as the stools continue offensive or unnatural, they may be used several times a day.

In the congestive form of the disease, in which the patient is rapidly sinking, a tea of cayenne, bayberry and scullcap, prepared by steeping a tea-spoonful each of these powders, in a pint of boiling water, should be given in the dose of a table-spoonful, and repeated every five, ten or fifteen minutes, and as soon as the patient revives, and the skin becomes moist, a light course of medicine should be administered. If the abdomen is swelled, or tender on pressure, it should be bathed with pepper sauce, No. 6, or tincture of cayenne, and if this does not afford relief, a flannel moistened with either of these liquids, may be laid over the abdomen, or, instead of this, a poultice of wheat bran, or Indian meal, adding cayenne, to give it the necessary degree of pungency, may be applied. After the course is administered, it is very important to keep the patient in a gentle perspiration, or the fever will return in all its violence. The stimulating tea will be found excellent for this purpose, and, if necessary, the quantity of cayenne may be increased. It may be given in table-spoonful doses, every ten or fifteen minutes, or a tea-cupful every hour, according to the circumstances of the case. A heated stone wrapped in a damp cloth, should be placed at the feet, and an injection, if necessary, administered every hour. If, notwith-



standing this treatment, the skin becomes hot and dry, and other unfavorable symptoms return, it will be necessary to repeat the course without delay. If the skin becomes hot or feverish between the courses, and there be great pain in the head, with restlessness, the forehead and temples should be often bathed with cold vinegar and water, and the whole body may be washed or bathed with the same, or with a weak solution of pearl-ash in water, especially if the means recommended for producing perspiration are not attended with the desired effect.

The scullcap, which is a component part of the stimulating tea, is of great service in allaying the irritability of the nervous system, which may arise in this complaint, and if it cannot be obtained, the lady's slipper or nervine should be used. From the irritable condition of the stomach and bowels, solid food should be avoided, and the strength of the patient sustained by nourishing fluids, such as weak milk porridge, wine whey, and slippery elm tea. As soon as the fever is entirely subdued, the restorative medicines are to be freely used. During convalescence, the unbolted wheat bread, or wheat jelly, should constitute an article of diet, as this will regulate the bowels. The patient must be very cautious not to overload the stomach, or expose himself to damp cold air, or he may suffer a relapse.

#### RHEUMATISM.

Rheumatism is generally produced by the influence of cold, and consequently is most prevalent when the weather is damp and variable. It commences with chilliness, followed by flushes of heat, and a quick and strong pulse, which varies from one hundred and twenty to one hundred and forty beats in a minute. The pain is very acute, and mostly confined to the larger joints. The parts are frequently red, swollen, inflamed, and extremely tender to the touch. The skin is hot and dry, the appetite impaired, the thirst excessive, the urine scanty and high colored, and the tongue covered with a white or brown coat. The bowels are generally costive. Sometimes there is head-ach and redness of the eyes, and, in some instances a vomiting of



bilious matter. The muscles about the ribs are occasionally affected, so that the patient imagines himself to be laboring under an attack of pleurisy. The pains are sometimes fixed, and at others wandering, changing from one part of the body to another, within twenty-four hours, and when the disease is improperly treated they are not unfrequently transferred to vital organs, such as the brain, heart, stomach, bladder and womb, producing serious and even fatal consequences.

Rheumatism is frequently caused by the use of mercury, which deranges the whole system, and renders it extremely susceptible to the effects of cold. In the Southern States, where calomel is employed freely in fevers, *mercurial rheumatism*, as it is termed, is a very common complaint.

*Treatment.*—The medical faculty, according to their own confession, appear to be entirely ignorant of the proper treatment to be pursued in rheumatism. Dr. McIntosh, in his *Practice of Physic* remarks, “one set of practitioners depend entirely on blood-letting; another upon purging; a third upon exciting long-continued profuse perspiration; a fourth upon the exhibition of bark alone, and a fifth upon a course of mercury to produce salivation.” It is no wonder, therefore, under such empyrical treatment, that an attack of the disease used formerly to continue violent for such a long period of time. Formerly, an attack of acute rheumatism, with its consequences, generally confined the patient for twelve months, that is to say, before he regained his ordinary state of health, and few got off with less than six months confinement to bed.

Dr. McIntosh also condemns “the calomel and opium treatment” in rheumatism, which is so fashionable at the present day, observing that he has “often seen the tongue of patients swollen and ulcerated, and profuse salivation produced without the least signs of amendment.”

With regard to the “perspirations,” which are objected to in the above paragraph, we are informed by Dr. McIntosh that they were produced by a “load of bed clothes,” and large and repeated doses of Dover’s powder. Now, as this powder is a poisonous preparation, being composed of *ipecac*, *opium* and *sulphate of potassa*, it need not excite

our surprise that the "perspirations" proved injurious, and indeed it is fortunate that the patients even survived the treatment. Perspiration which results from the use of pure, healthy stimulants, however, together with the vapor bath, will always have a beneficial effect.

There is no disease, perhaps, in which the reformed practice exhibits such extraordinary results as in rheumatism. It relieves the most excruciating pains in a few hours, and we have known patients, who had been crippled for years, to be restored to the use of their limbs, as well as the enjoyment of health, by two or three courses of medicine.

A mild attack of the complaint may often be cured by rubbing the affected part two or three times a day with No. 6, or by giving a tea of composition, or cayenne and bayberry, until perspiration ensues; or by the administration of a vapor bath, together with one or two injections to evacuate the bowels. In an obstinate or chronic case, however, particularly if it has been caused by mercury, it is usually necessary to administer courses of medicine, repeating them at proper intervals, until the disease is removed. Between the courses, the patient must avoid exposure to cold, keep his feet warm and dry, dress according to the season and climate, and make use of the ordinary stimulants and tonics, according to the circumstances of the case. If the bowels are costive, an injection should be administered once or twice a day. Lobelia pills, both during the day, and at night on going to bed, will be beneficial. The affected parts may be bathed frequently with vinegar and cayenne, third preparation of lobelia, Shecut's Stimulating Liniment, or if there is a loss of sensibility, with the strongest tincture of cayenne, and if this does not afford the desired relief, flannels wrung out of either of these liquids and warmed by the fire, may be applied, together with a heated stone, or bottle of hot water, wrapped in a damp cloth. If the weather is chilly, or if the individual possesses but little animal heat, the entire surface of the body may be rubbed after each course of medicine with some stimulating liniment.

The diet should be nourishing and easy of digestion. Many an attack of rheumatism has been prolonged by

over-loading the stomach, and eating gross and improper food, notwithstanding tolerably efficient treatment.

## RINGWORM AND TETTER.

These complaints, though not considered as precisely the same, are both to be managed in the same way.

Ringworm is more common in warm than in cold climates, and shows itself in small red pimples, which break out in a circulated form, and contain a thin acrid fluid. When the body is heated by exercise, these circular eruptions itch, and on being scratched, discharge their contents, which, falling on the sound parts, spread and increase the disease to a much greater extent than at the commencement. In some cases the disease seems so universal that the whole system becomes tainted; the skin puts on a leprous appearance, and is much disfigured by blotches, whilst the unhappy patient is in continual torment from the intolerable itching and painful excoriation.

Tetter consists in an eruption of broad itchy spots dispersed here and there over the skin, of a whitish or red color, which gradually spread until they meet or run into each other, discharge a thin fluid, and either form extensive excoriations of the skin, or end in bad ulcers. After a while scurfy scales make their appearance, which peel off, leaving the under surface red; but the eruption soon makes its appearance, and goes the same round again and again, until the disease is either cured, or goes off spontaneously, which latter, however, rarely occurs. Some persons seem to be constitutionally predisposed to eruptions of this kind.

*Treatment.*—Various remedies have been recommended for this complaint, and used with different degrees of success. Washing the part with ink made of ink powder, or with alum water, often effects a cure, especially of the ring worm. The juice of the black walnut husk or shuck, applied to the affected part, is also a useful remedy. Washing the part in salt and water, has sometimes effected cures when other applications failed; as also the tincture of lobelia, and even the third preparation of lobelia, have been successfully resorted to as an external application in erup-



tions of the skin. Cedar oil is said to have cured these complaints, when other articles had been ineffectual.

Blood root or red puccoon, steeped in good vinegar, has however, been more highly recommended, perhaps, than any other article for the treatment of ringworm and tetter. The part affected should be washed with this liquid, two or three times a day. The daily, or less frequent, use of the vapor bath, by promoting the discharges by the skin, which it also cleanses and softens, is a highly useful remedy in all diseases of this kind.

#### RICKETS.

This disease is characterized by softening and distortion of the bones, and seldom appears before the ninth month of infancy, or later than the third year. The flesh becomes soft, the head enlarges, the breast bone protrudes, and the limbs waste away. The spine is distorted, having a curve like the letter S. The countenance is pale, and the cheeks sallow, accompanied by emaciation, debility, cough, disinclination to motion, difficulty of breathing, and swelling of the abdomen.

*Treatment.*—The disease is one of extreme debility, and is dependent, no doubt, on a highly disordered state of the digestive organs. Hence the bones are imperfectly nourished, and losing the earthy matter which gives them strength and hardness, they easily bend under the weight of the body. No time should be lost, therefore, in adopting the necessary treatment to restore the health, and invigorate the general system, for although the life of the child may be saved, it may, from the soft and yielding state of the bones, become hopelessly deformed. Besides, if the patient is a female, malformation of the pelvis may ensue, which is no uncommon thing in rickety children, and in the event of pregnancy, her life may become a sacrifice from the difficulty attending parturition.

The system must be invigorated with the bitter or restorative medicines, pure air, and a wholesome, nourishing diet. Tea, coffee, butter, rich cakes, pastry, white bread, oily or greasy substances, and many similar articles with



which children are surfeited by their fond and anxious parents, should be sedulously withheld from the patient. Milk, ripe fruits, the unbolted wheat bread, wheat jelly, slippery elm boiled in milk, and preparations of oat-meal, Indian meal, sago, rice, and tapioca, may all be used to advantage. The child must be kept clean, and proper means taken to give it plenty of exercise in the open air. Its skin should be rubbed every night and morning with a coarse towel, or flesh brush. The bowels are generally disordered, and should be evacuated once or twice a day with injections. Equal parts of composition and spiced bitters, will be found useful. Half a tea-spoonful of this powder, and double the quantity of sugar, mixed with half a wine-glassful of cold or lukewarm water, may be taken in substance, three times a day. In addition to this treatment, the stomach, if it is much disordered, should be cleansed once or twice a week with an emetic of lobelia, preceded by an injection, and the vapor bath. Care must be taken to prevent curvature of the spine. "For this purpose," says Sir Astly Cooper, "it has been the practice to keep children in the recumbent posture for a great length of time. This is a plan which I by no means advise; exercise should be freely allowed, taking care only that it be not protracted so as to occasion fatigue. At the same time that exercise is taken, you must preserve the spine in a straight position by giving it artificial support. This may be effected by two springs of steel added to the stays, one on each side of the spine, which may be worn by the patient in any position. In the use of mechanical means, however, the great objects should be, not to force the child into a constrained position, but merely to prevent inclination on one side or the other."

Whatever advantage may be derived from giving artificial support to the spine, we suspect after all, that the best mode of treatment, is, to increase the tone and vigor of the muscles, which will be far more effectual in preventing deformity, than steel springs, or any other mechanical contrivance. Nevertheless, we are persuaded that cases occur, in which artificial support is productive of beneficial results, yet it can avail but little, unless the general system

is strengthened and invigorated by attention to diet, and correct medical treatment. The body should be prevented from pressing upon the lower extremities, until the bones have acquired sufficient solidity and firmness to support the weight. This remark is applicable to infants generally, and not to those only affected with the rickets.

Mr. Combe says that parents generally delight to see their infants "run alone" at as early an age as possible, and use many methods to induce them to stand and walk. "The bones," he adds, "which are the framework of the body, do not become perfectly solid till near twenty years after birth. In very young children, bones are but pliable gristle, and by pressure, or the support of weight, are bent from their natural shape. When the child stands, its whole weight is thrown on the bones of its legs, which at too early age are not firm enough for its support, and they are thus liable to be bent. If let alone, nature will prompt the infant when to rise up. It will not continue to creep till the age of four-score, as some seem to imagine.

#### RUPTURE OR HERNIA.

When a portion of the intestines is protruded from the abdomen, forming a tumor or sac under the skin, it is called a rupture. This protrusion may take place at various parts, but it generally occurs at the groin, and inner part of the thigh. There is an opening through the muscles at the lower part of the abdomen for the passage of certain vessels which go to the testicles in the male, and to the genital organs in the female; and if this aperture is unusually large, or the parts are in a weak or relaxed condition, a portion of intestine may escape through it, and form an enlargement, swelling, or otherwise a hernia. Sometimes the protruded portion descends into the scrotum, and then it takes the name of *scrotal hernia*. If it does not descend thus low, it is known as *inguinal hernia*.

Rupture in females most commonly takes place at the inner part of the bend of the thigh, the intestine forcing through the aperture which gives passage to the blood-vessels leading to and from the lower extremity. This,

both in the male and female, is called *femeral* or *frural hernia*.

When the bowels protrude at the navel, it is designated *umbilical hernia*; and when from any other promiscuous point in front of the abdomen, *ventral hernia*. The membrane which lines the cavity of the abdomen, always makes a part of the hernial sac, because it is necessarily pushed before the intestine, as the latter escapes from the abdominal cavity.

The rupture is increased in size by coughing, but is diminished by pressing upon it with the fingers. In lying down it almost entirely disappears. If long neglected, it may form adhesions to the part with which it is in contact, so that it cannot be returned; or it may become inflamed and swollen, so as to interrupt the circulation of the blood, as well as the passage of the fœces. In the latter case there is more or less danger, the patient experiencing severe pain, and being attacked, in most instances, with nausea and vomiting. If the intestine is not returned, mortification ensues, accompanied with cold clammy sweats, and a sudden abatement of the pain and swelling.

Among the causes of rupture, besides general weakness or debility of the system, are running, jumping, lifting heavy weights, wearing tight apparel, straining at stool and parturition.

A hernia or rupture is said, in medical language, to be either reducible, irreducible or strangulated. These terms are thus explained by Sir Astley Cooper: It is *reducible*, when the protruded bowels lie quietly in the sac, and admit of being readily put back into the abdomen; *irreducible*, when the protruded bowels suffer no constriction, yet cannot be put back, owing to adhesions, or their large size in relation to the aperture through which they have to pass; and *strangulated*, when the hernia not only cannot be reduced, but suffers constriction also; so that, if a piece of intestine be produced, the pressure to which it is subjected, stops the passage of its contents towards the anus, excites inflammation of the bowels, and brings on a train of alarming and often fatal consequences.

*Treatment.*—When a rupture is first discovered, it

should be returned gently with the fingers, and the intestines prevented from protruding again, by applying a roll of cotton, or something of like nature, to the part, and maintaining it there with a bandage. This can be easily done by a person of common ingenuity, and at very little expense. Those who can afford a truss, however, had better procure one, as this, if properly adjusted, is in every respect, convenient and comfortable to the wearer. Among the various trusses which have been invented of late years, there are none we are disposed to recommend more highly than those of Dr. Fletcher, of Boston.

If the health is much impaired, it must be reinstated by the use of composition, spiced bitters, and other appropriate remedies; or if necessary, by the administration of a few courses of medicine.

It may be impossible to reduce a hernia on account of adhesion, and yet it is not to be considered dangerous, so long as inflammation and swelling do not arise. Every precaution should be taken, however, not to increase the difficulty, either by injury, violent exercise, or inattention to the health.

A strangulated hernia cannot be returned until the inflammation and swelling are subdued; and this may be speedily and effectually accomplished, by the administration of a course of medicine. When the system is sufficiently relaxed by the lobelia, the protruded bowel is to be returned very gradually, taking care to do it gently, and without using force; for it would be better to occupy an hour or two in the operation, than to perform it with undue haste or violence. After the reduction is accomplished, the patient should wear a truss or compress and bandage, as previously directed, to prevent a repetition of the accident. In replacing the protruded intestine, the patient should lie upon his back, with his thighs bent upon his body, and his head and shoulders, elevated with pillows. This position is favorable to a relaxation of the muscles of the abdomen.

Surgical operations should not be tolerated in this complaint, for patients are frequently destroyed by the unhalloed knife of the surgeon, who might have been easily



cured by judicious medical treatment. There is not only danger of severing an important artery, but also of cutting into the intestines, in which case the patient's life becomes a sacrifice. Death frequently ensues also from inflammation which arises as a consequence of the operation.

In infants, the bowels not unfrequently protrude at the navel, and, in that case, the difficulty is to be obviated by the application of a compress and bandage, as directed above.

#### ST. ANTHONY'S FIRE OR ERYSIPELAS.

Erysipelas, or St. Anthony's Fire, consists of an inflammation of the skin, which appears in a blotch of a deep red or copper color, attended with more or less swelling, and a stinging or burning pain. These symptoms are usually preceded by lassitude, chills and heats, loss of appetite, sickness at the stomach, and pains in the head, neck and back. The disease attacks all parts of the body, but is most common on the face and extremities. The inflammation is, at first, confined to a small spot, but it gradually spreads to a greater or less extent over the surrounding surface; and cases are mentioned by medical authors in which it has covered the whole body. When the face is the seat of the malady, the symptoms are mostly violent. The features are often much distorted, and the swelling so great as to close the eye-lids. Drowsiness, and a tendency to delirium, not unfrequently arise. On the fourth or fifth day, blisters of different sizes make their appearance on the inflamed surface, containing a clear and watery fluid, which afterwards becomes of a straw color, and more or less glutinous. In twenty-four or forty-eight hours, the blisters break, when the redness and swelling begin to subside, and the adjacent cuticle peels off in the form of scales.

In unfavorable cases, the inflamed surface assumes a livid color, and the blisters are followed by obstinate ulcers. In some instances collections of matter take place between the skin and the muscles, which render the swelling soft and puffy, and when the matter is discharged, it has the appearance of small pieces of wet tow.

Children and old people are more subject to erysipelas than individuals in the middle period of life. It attacks females more frequently than males. Sometimes it assumes the chronic form, and returns every few weeks or months. It is produced by intemperance, living in damp places, sudden changes from heat to cold, and irritating substances applied to the skin. Dr. Hall says, it is often the immediate effect of indigestible food. It frequently prevails epidemically, especially in hot seasons, and, in a bad habit of body, is apt to terminate in gangrene.

*Treatment.*—In this, as in all diseases of the skin, we should keep a determination to the surface of the body. The bowels should be regulated with injections, and a tea of composition, or of cayenne and bayberry, administered to promote a gentle perspiration. The stimulating tea will answer a still better purpose. This, with a light vegetable diet, will be sufficient to cure mild cases of the disease; but if the symptoms are violent, it will be necessary to give a course of medicine, repeating it, at proper intervals, until the disorder is removed. During the day the patient may, in addition to the above, take a strong decoction of elder flowers, they are laxative and alterative. The vapor bath has been attended with a very excellent effect in this complaint. One single bath will sometimes remove all the heat, swelling, and itching, etc. It is better when it is so contrived that the head, as well as other parts of the body, be exposed to the heat or steam of the herbs.

The good effects depend simply upon the discharge of the skin, or the perspiration produced. The acrid humors, which appear to be the exciting cause of this complaint, are expelled from the system, by restoring this secretion. If it be inconvenient to use that kind of vapor bath which admits the application of steam to the head, the common vapor bath may be given.

External or local applications are also valuable in every species or stage of this disease. The inflamed parts may be often anointed with the following: take *marshmallows* and *elder bark*, equal parts, and a suitable quantity, simmer in spirits; then cover with fresh butter, and simmer until the leaves are crisp; strain, and apply with a piece of

linen or the finger. This ointment allays the irritation and itching, and will seldom be applied without decided benefit. Some have an idea that any preparations of oil are injurious, but this idea is not correct, as it has been proved by ample experience. The opinion has been formed, no doubt, in consequence of uniting with greasy or oily substances acrid or stimulating agents.

An eminent and experienced practitioner, says, of all the articles or preparations which he has ever used for erysipelas, in any stage of it, he has found a poultice made of *slippery elm bark* to be the most decidedly beneficial. Indeed, in this, as well as every other inflammatory affection, it proves a sovereign remedy. If the patient is even in the greatest distress, he experiences relief as soon as it is applied. The superfine flour of the bark should be mixed with pure milk; and, what is sometimes preferable, buttermilk or fresh cream, when it can be procured.

If this disease terminates in ulceration, or gangrenous blisters appear, a little of good brewer's yeast, must be added to the same poultice. Where there is an ichorous discharge, apply a little of the elm bark, powdered to absorb it. Some are in the habit of using burnt rye-meal in this disease, which, no doubt, is in some degree serviceable. A continuance in these means, in a short time will arrest the disease, and soon remove it. A cooling diet should be recommended, consisting principally of milk, vegetables and ripe fruit.

#### ST. VITUS' DANCE.

This singular disease is characterized by a twitching and convulsive action of certain muscles, usually confined to one side of the system, and it affects principally the arm and leg. It is said that it received its name in Germany, in consequence of persons who suspected themselves to be afflicted with this curious convulsion, performing an annual pilgrimage to the chapel of St. Vitus, near Ulm, to which women laboring under certain nervous affections were in the habit of resorting every spring, where they danced violently and unremittingly from morning to night until they



sunk down completely exhausted, into a swoon or a kind of ecstasy, by which exercise they fancied themselves cured for one year. Some writers place its origin at a much earlier date, deducing it from the very remarkable dancing mania which prevailed throughout Germany in 1374, and which, as it was thought to be the malicious doings of Satan, was generally treated by exorcism, and it is said that the monks of Korbey were particularly fortunate in casting out the fiend under the holy influence of their patron, St. Veit.

Some divide this complaint into two species, viz. primary and symptomatic. It is chiefly incident to young persons of both sexes, but particularly those of a weak constitution, or whose health and vigor have been impaired by confinement, or by the use of scanty and improper nourishment; and makes its attacks between the age of ten and fifteen, occurring but seldom after that of puberty.

By some physicians it has been considered rather as a paralytic affection than as a convulsive disorder, and has been thought to arise from a relaxation of the muscles, which being unable to perform their functions, in moving the limbs, shake them irregularly by jerks.

This disease may arise from various causes; from a morbid condition of the stomach, as teething, worms, acidity in the bowels, offensive smells, violent affections of the mind, as anger, fear, etc. It may arise also from debility, from extreme irritability of the nervous system, and sometimes it arises, it is said, from sympathy, check of perspiration, poisons, etc. The fits are sometimes preceded by a coldness of the feet and limbs, or a kind of tingling sensation, that ascends like cold air up the spine; and there is a flatulent pain in the left hypochondrium, with obstinate costiveness. At other times the accession begins with yawning, stretching, anxiety about the heart, palpitations, nausea, difficulty of swallowing, noise in the ears, giddiness and pains in the head and teeth, and then come on the convulsive motions.

These discover themselves at first by a kind of lameness or instability of one of the legs, which the person draws after him in an odd and ridiculous manner, as if it



was paralytic ; nor can he hold the arm of the same side still for a moment ; for if he lays it on his breast, or any other part of his body, it is forced quickly from thence by an involuntary convulsive motion. If he is desirous of drinking, he uses many singular gesticulations before he can carry the cup to his head, and it is forced in various directions, till at length he gets to his mouth, when he pours the liquid down his throat with great haste, as if he meant to afford amusement to the by-standers. Sometimes various attempts at running and leaping take place, and at others the head and trunk of the body are affected with convulsive motions. The eye loses its lustre and intelligence, and the countenance is pale and expressive of vacancy ; deglutition is often impeded, and sometimes completely suspended. In the advanced periods of the disease, flaccidity and wasting of the muscular flesh takes place, the consequence of constant irritation, of abated appetite, and impaired digestion. In many instances the mind is afflicted with some degree of fatuity, and shows the same causeless emotions, such as weeping and laughing, which occur in hysteria.

When the disease arises in children, it usually ceases again before the age of puberty, and in adults is often carried off by a change from the former mode of life. Unless it passes into some other disease, such as epilepsy, or its attacks are very violent, it is rarely attended with danger.

Sydenham gives the following description of this complaint. "It is," says he, "a kind of convulsion which principally attacks children of both sexes, from ten to fourteen years of age. It first shows itself by a lameness or rather unsteadiness of one of the legs, which the patient draws after him like an idiot, and afterwards affects the hand on the same side, which being brought to the breast, or any other part, can by no means be held in the same posture for a moment, but is distorted or snatched away by a kind of convulsion into a different posture or place, notwithstanding all possible efforts to the contrary. If a glass of liquid be placed in the hand to drink, before the patient can get it into his mouth, he uses a thousand odd gestures ; for

not being able to carry it in a straight line thereto, because his hand is drawn different ways by the convulsions; as soon as it reached his lips, he throws it suddenly into his mouth, and drinks it very hastily, as if he only meant to divert the spectators."

Another writer gives the following description of this complaint: "Its approaches are commonly slow. An awkward dragging of the leg, twitches of the muscles of the face, and unsteadiness of the fingers, precede the more general convulsive motions which characterize the confirmed state of the disease.

"The contortions and gesticulations of the patient render him a singular but painful object of observation. All the muscles of voluntary motion are at different times and in different instances affected. Those of the face, neck, and extremities, more particularly suffer. The hands and arms are in constant motion. He can grasp no object, even with the strongest exertions of his will; he walks unsteadily; but with all this, there is no symptom of pain or uneasiness. The expression of countenance, though grotesque, is, in the early stage of the disease, that of good humor and contentment.

"The convulsive agitations vary in violence, and are subject to occasional exacerbations. During sleep, unless in very bad cases, they cease altogether. As the complaint advances, articulation becomes impeded, and is very often completely suspended. Deglutition also is occasionally performed with difficulty. The eye loses its lustre and intelligence. The face is thin and pale, and expressive of a languor and vacancy, which in severe and protracted cases approaches nearly to fatuity. The mind, indeed, partakes, in some instances, of the bodily disorder, and the mental faculties retrograde to those of infancy.

"With these evidences of disturbance of the cerebral functions, are usually united very unequivocal marks of a deranged condition of the stomach and bowels. A variable and often ravenous appetite, a swelling and hardness, or sometimes flabbiness of the abdomen, with constipation, accompany in a large proportion of cases the onset of the disease. In its advanced periods we may observe impair-

ed digestion, a very offensive state of the alvine evacuations, and flaccidity and wasting of the muscles throughout the body."

*Treatment.*—If the complaint has been of long standing, a few courses of medicine should be given, administering spiced bitters and composition, several times a day, in the intervals. If the bowels are torpid, an injection once a day will be indispensable. Nervines are useful in this complaint, and particularly the scullcap, the infusion of which may be taken freely as a drink. The lobelia pills, may be advantageously employed as a part of the intermediate treatment. The patient should subsist on plain, simple diet, eating temperately, and avoiding the use of tea, coffee, butter, and all oily or greasy substances. The unbolted wheat bread will be found very wholesome. If the bowels are obstinately costive, a decoction of boneset may be employed with advantage; or half a tea-spoonful of cayenne mixed with molasses may be taken three times a day.

The following preparation has been found to answer a good purpose. Take equal parts of scullcap and composition, and steep a large table-spoonful of the powder in a pint of boiling water. Keep the tea warm by the fire, and take a tea-cupful at a dose, repeating it three or four times a day, and avoiding exposure to a damp or chilly atmosphere. The value of the remedy may be increased by adding ten, fifteen, or twenty drops of the tincture of lobelia to each tea-cupful of the tea. In addition to this treatment, the skin should be rubbed briskly every night and morning with a coarse towel, or flesh brush.

Dr. B. an eminent practitioner, says that after having cleansed the stomach and bowels, and created in them a more healthy action, the following infusion with the other means recommended, and probably used alone, is a specific in this disease. I know not says he, of a single case in which it has failed to effect a cure. Take scullcap one oz.; boiling water one quart. Strain, and sweeten with loaf sugar. Let the patient drink of this freely through the day, and to be constantly drank alternately with *valerian*. I have found, says he, this treatment invariably successful. He says that one case occurred in a woman fifty years of



age, who had the complaint a length of time, had been treated by seven or eight physicians without benefit, and after submitting to the use of the above remedies, she recovered. The scullcap appears to have specific effects in this and most other nervous complaints.

#### SCALD OR SCALLED HEAD.

This disease consists in a chronic inflammation of the skin of the head productive of a secretion of matter, peculiar in its nature, and capable of propagating the complaint, if applied to the scalp of a healthy subject. At first the eruption is confined, probably, to only a small portion of the head; but by degrees its acrimony is extended to the neighboring parts, and at length the whole of the scalp is eroded, and beset with a scabby eruption.

Children are principally affected with it, particularly those of the poor; hence it may arise from uncleanness, from the want of a due proportion of wholesome nutritive food, and possibly from bad nursing. At any rate, these will very much aggravate the disease. In many instances it is propagated by contagion, either by using a comb imbued with the matter from the head of a person laboring under it, or by putting on his hat or cap.

*Treatment.*—It is advisable to administer one or two courses of medicine; for although the disease manifests itself locally, it is dependant on a disordered state of the general system; and unless the fountain is purified, it will continue to send forth streams of muddy water. Between the courses, composition, spiced bitters and enemata may be used, according to the necessity of the case. The alterative mixture may be used beneficially. The diet must receive attention, avoiding butter, meat, tea, coffee, and the fine flour bread.

The head should be thoroughly washed every night and morning, with a sponge and warm soapsuds, followed by a tea of bayberry, pond-lily, witch-hazel leaves, or any other of the astringents. The bayberry is preferable, if its pungency is not an objection. An application is then to be made of meadow fern ointment, and if the parts are not



too sensitive, it may be mixed with a small portion of No. 6. The head is next to be bound in a cloth, or covered with a bladder, or cap, to favor perspiration, and keep the skin moist, using the warming medicine internally, to produce a determination to the surface of the body. Before the head is dressed, a dose of composition should be given. If the meadow fern ointment cannot be obtained, the nerve ointment will answer a very good purpose ; or equal parts of pulverized gum myrrh and the red powder of sumach berries, with lard sufficient to make an ointment, may be employed.

During the administration of a course of medicine, a poultice of slippery elm should be confined to the affected parts, if possible, so as to absorb the discharge, which might otherwise inflame the healthy skin, and cause an extension of the disease.

#### SCARLET FEVER.

Scarlet fever is a contagious disease, and attacks children more frequently than adults. It occurs at all seasons, but is most prevalent in the autumn and early part of winter, rarely appearing in the same individual a second time. It commences with languor, chilliness, depression of spirits, and pains in the head and back, which are soon followed by a hot and dry skin, and sometimes nausea and vomiting. In about two days, a scarlet eruption makes its appearance on the face and neck, and in the course of twenty-four hours, diffuses itself over the whole body. It gives to the skin a peculiar red appearance, which has been compared to the shell of a boiled lobster. Sometimes it is universal, while at others it is only to be seen in patches, leaving the intermediate skin of a natural color. It acquires a more florid hue in the evening, but diminishes in redness towards the morning. The face is usually swelled, and sometimes the throat is sore. The tongue is covered with a thick, white coat in the middle, but is of a deep red color at the point and along the edges. Delirium is not unfrequently in the evening. In five or six days the eruption begins to fade, and mostly disappears in the space

of forty-eight hours, accompanied by a separation of the cuticle or outer skin, in the form of scales.

In the more aggravated form of scarlet fever, the throat becomes red and very much inflamed. The voice is hoarse, and the swallowing painful and difficult. The patient sometimes cannot speak above a whisper. The thirst is urgent, the skin excessively hot, and the tongue red and dry. The eruption comes out irregularly, and not until the third or fourth day from the commencement of the disease. Sometimes it suddenly disappears, and then returns after a limited time. The neck is apt to be stiff, painful and swollen. If the fever and inflammation are not checked, little ulcers form in the throat, which assume a grayish color, and render the breath offensive. Among other symptoms which frequently arise, are diarrhœa, vomiting, soreness of the bowels, and sometimes delirium or stupor.

The disease occasionally puts on a malignant type, and tends rapidly to putrefaction. The eruption assumes a dark or livid color, accompanied with dull and inflamed eyes, small and feeble pulse, dark and foetid ulcers in the throat, offensive breath, rattling and oppressed breathing, great prostration, copious discharges from the bowels, deafness, bleeding from the nose, mouth or other free passages, and delirium or stupor almost from the commencement of the attack.

Scarlet fever is sometimes confounded with measles; but it may be distinguished by the eruption, which is different in color and appearance from that of the measles, and by other characteristic signs. (*See Measles.*) The distinction, however, is of no practical importance, for the indications of cure are the same in both diseases, each requiring to be treated on the same general principles.

Among the symptoms indicating an unfavorable termination in scarlet fever, are involuntary discharges from the bowels, a copious flow of urine, cold extremities, purple spots on any part of the body, great prostration, stupor and constant delirium; whereas, a moist, clean tongue, a more full and regular pulse, and a scaling off of the cuticle, are evidences of a return to health. It is a more favorable symptom, also, when the eruption is of a bright red

color, and uniformly diffused over the surface, than when it is in patches, and very faint, or of a purple or livid aspect, appearing first on one part, and then upon another.

*Treatment.*—If the symptoms are mild, the treatment recommended for measles, will be sufficient, aiming to keep a constant determination to the surface of the body. If the skin becomes hot and dry, however, it will be necessary to administer a course of medicine, followed by a free use of cayenne and bayberry tea, and an injection every half hour or hour. If, notwithstanding this treatment, it is impossible to keep up a perspiration, and the fever returns, the course must be repeated without delay, and so on until the disease is removed. By keeping the fever in subjection from the commencement of the attack, soreness of the throat may be prevented from passing into a state of ulceration. Hence it is always better, if the symptoms are at all unfavorable, to resort to active treatment at the very outset of the disease. The stimulating tea, increasing the quantity of cayenne and lobelia, if necessary, is an excellent medicine to keep up the moisture of the skin.

Where the surface of the body is inordinately hot, sponging it with cold water, will have a highly beneficial influence. Professor Eberle remarks, that this is the only *sudorific* and *anodyne* which will not disappoint the practitioner. It is often followed by a free perspiration, and renders the patient easy and comfortable. It should never be employed, however, excepting where the skin is very hot and dry. Cayenne or composition should be given in the meantime to keep a determination to the surface.

If the throat is sore, or the swallowing difficult, the same treatment may be pursued which is recommended under the head of *quinsy*.

If the disease assumes a malignant type, relief can only be obtained by thorough courses of medicine, repeating them as often as the symptoms become alarming, and making free use of the stimulating tea in the intervals to keep up a perspiration. Injections are also important. Where the bowels are sore, or very much distended with wind, applications are to be made to the abdomen as directed in inflammation of the bowels.



The sick chamber should be frequently ventilated. During convalescence, the patient must avoid exposure to cold, and recruit his enegies by the use of the restorative medicines and a light nourishing diet. The wheat jelly, or unbolted wheat meal gruel, should be eaten, to regulate the bowels. Advantage will be derived from rubbing the skin every night and morning with a coarse towel or flesh brush, until it is in a warm glow. Gentle exercise in the open air, provided the weather is mild and pleasant, will have an invigorating effect.

Deafness of one or both ears occasionally follows scarlet fever, but is not generally of long continuance. The ears should be filled with wool or cotton, moisted with Nō. 6, or the third preparation of lobelia, to exclude the air. Syrenging the ear once or twice a day with warm raspberry tea, is also beneficial.

In the old school practice, a failure of the voice is often a sequel of scarlet fever, but never perhaps occurs in the reformed practice. In some instances it continues during life. The difficulty may be easily remedied at the commencement, however, by one or two courses of medicine.

#### SCURVY.

This disease prevails chiefly in cold northern countries, especially in low damp situations, near large marshes or great quantities of stagnating water. Sedentary people, of a dull, melancholic disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected.

It is not necessary to mention the different species into which this disease has been divided, as they differ from one another chiefly in degree. What is called the *land scurvy*, however, is seldom attended with those highly putrid symptoms which appear in patients who have been long at sea, and which, we presume, are rather owing to confined air, want of exercise, and the unwholesome food eaten by sailors on long voyages, than to any specific difference in the disease.



The scurvy is occasioned by cold moist air ; by the long use of salted or smoke-dried provisions, or any kind of food that is hard of digestion, and affords little nourishment. It may also proceed from the suppression of customary evacuations, as the *menses*, the hæmorrhoidal flux, etc. It is sometimes owing to an hereditary taint, in which case a very small cause will excite the latent disorder. Grief, fear, and other depressing passions, have a great tendency both to excite and aggravate this disease. The same observation holds with regard to neglect of cleanliness, bad clothing, want of proper exercise, confined air, unwholesome food, or any disease which greatly weakens the body, or vitiates the humors.

This disease may be known by unusual weariness, heaviness, and difficulty of breathing, especially after motion ; rottenness of the gums, which are apt to bleed on the slightest touch ; a disagreeable breath ; frequent bleeding at the nose ; crackling of the joints ; difficulty of walking ; sometimes a swelling, and sometimes a falling away of the legs, on which there are livid, yellow or violet colored spots ; the face is generally of a pale or leaden color. As the disease advances, other symptoms come on ; as decay of the teeth, hemorrhages, or discharges of blood from different parts of the body, foul obstinate ulcers, pains in various parts, especially about the breast, dry scaly eruptions all over the body, etc. At last a wasting or hectic fever comes on, and the miserable patient is often carried off by a dysentery, a diarrhœa, a dropsy, the palsy, fainting fits, or a mortification of some of the bowels.

*Treatment.*—Courses of medicine are necessary to strengthen the digestive organs, increase the activity of the skin, free the blood from impurities, and invigorate the general system. They may be administered once or twice a week, according to the necessity of the case. Injections must be used several times a day, until the stools cease to be offensive. Tonics, and a free use of cayenne and bayberry, are indispensable. The diet and intermediate treatment may be the same as in scrofula. If meat is eaten it should consist of a lean and tender beefsteak, or piece of roasted lamb, without any gravy. The *fashionable* reme-

dies, prescribed by the diplomatized physicians, such as lemon juice, garlic, horse-radish, and scurvy-grass, and regarded by them as *specifics*, possess but little value, excepting perhaps to amuse the patient in the absence of some more efficient remedy. If the joints are stiff, they should be rubbed frequently with pepper sauce, or vinegar and cayenne, and wrapped in flannels to keep them warm. The local application of steam, also, is particularly beneficial. In the event of *ulcers*, they must be treated as directed under the head of ulcers. If the gums are spongy, the mouth should be frequently washed with cayenne and bayberry tea, or No. 6 diluted with water.

#### SHINGLES.

This disease commences with a number of vividly red patches, a short distance from each other, which pass round the waist in the form of a girdle, without, however, entirely encircling the body. Sometimes they take a direction over the shoulder, or down to the groin. They are preceded by an itching or burning sensation, and sometimes sickness and head-ach. The patches or clusters are one or two inches in diameter, and soon become covered with a number of small blisters, which burst in four or five days and discharge a thick, glutinous matter, which forms into crusts or scales of a brownish color. The blisters dry up in some cases without the formation of scales, and in others they are followed by tedious ulcers.

This affection mostly occurs in persons between twelve and twenty-five years of age. It is caused by intemperance in eating, the use of spirituous liquors, and sudden changes from heat to cold.

*Treatment.*—If the health is much impaired, or the stomach in a disordered state, an emetic should be administered, or, if advisable, a course of medicine. This should be followed by the use of spiced bitters or some other tonic, and an occasional dose of composition, or cayenne and bayberry. If the bowels are confined, an injection should be administered once a day until they become regular. The diet, as in all cutaneous diseases, must be regulated,

avoiding the use of butter, and every oily or greasy substance. The external applications may be the same as directed for *ringworm*. We are told that equal parts of the tincture of bayberry and rheumatic drops make an excellent wash, but cannot speak of its virtues from experience. The blood root steeped in vinegar is also an approved remedy. If *ulcers* should form, they must be managed as directed under that head.

## SMALL-POX.

Small-pox prevails at all seasons of the year, and attacks persons of every age and sex. It does not often occur more than once in the same individual. Many people appear to be exempt from the disease, notwithstanding their exposure to it in its worst forms, whilst others, who think they have used every precaution to guard against its contagious influence, contract it without any apparent cause.

The American editor of Good's Study of Medicine, says, "in that loathesome receptacle, the well-remembered Jersey prison ship, which was specially appropriated for the confinement of American prisoners, more than one hundred and twenty men were imprisoned, who had never been affected with small-pox, either naturally or by inoculation, and yet, of that number, less than two-thirds were attacked with the disease, which, however, proved extremely fatal. One would naturally expect, that in such a place, the specific virus of small pox would act with much more violence. This fact was communicated to Dr. Francis, by the late Philip Freneau, of New-Jersey, one of the prisoners."

It has been suggested, that those who live in strict obedience to the laws of health, are exempt from the disease; and a case, in illustration, has been cited by Dr. Alcott in his Library of Health. "A sea captain in Virginia," he says, "desirous of having the small-pox by inoculation, made application to a physician for the purpose. On being repeatedly inoculated, without success, and on being questioned by the physician in regard to his habits, it was found that he had, for some months or years, abstained from all fermented and alcoholic liquors, and from the use of animal



food. By the advice of the physician he resumed the use of flesh and wine, and, after some time, was inoculated again, and had the small pox in the usual manner."

Small-pox commences with a cold stage, which is soon succeeded by fever, accompanied by pains in the head, back, and region of the stomach; soreness of the throat, great thirst, vomiting, inactive state of the bowels, cold hands and feet, drowsiness, and, in adults, a tendency to perspiration. The fever is usually the most intense just before the eruption makes its appearance; and, in children, the latter is sometimes preceded by convulsions. The tongue, at first, is covered with a white coat, but gradually assumes a bright red color. The eruption usually makes its appearance the third or fourth day, and is first seen on the face, neck and breast, from which it passes down, in the course of twenty-four hours, to the lower extremities. The fever then abates, and leaves the patient comparatively free from distress. The eruption consists of small red spots, which, on the first and second days, says Dr. Hall, are hard, globular, painful and distinct from each other, with the intervening spaces nearly colorless. They enlarge gradually, and on the third, fourth and fifth days, contain a little yellowish fluid, the intervening spaces becoming red. On the sixth and seventh days, they are distinguished by a central indentation. On the ninth and tenth days the indentation ceases to be observed, and the pustules, as they are termed, present a full and rounded appearance. On the eleventh, twelfth and thirteenth days they begin to dry up, and are followed by hardened crusts and scabs, which fall off at length, leaving the skin of a brown or red color. "In those cases where the pustules are large, and are late in becoming dry and falling off, they are very apt to leave pits behind them; but where they are small, suppurate quickly, and are few in number, they neither leave any marks behind them, nor do they occasion much affection of the system."

About the eighth day from the commencement of the disease, the face usually begins to swell, and if the pustules are numerous, the swelling increases to such an extent as to close the eye-lids. At the same time there is an increased



flow of saliva, accompanied, in some instances, with hoarseness, difficulty of swallowing, and deafness. On the tenth or eleventh day, the swelling of the face subsides, together with the flow of saliva, and affection of the throat, and the feet and hands become tumid and puffy.

Small-pox is divided into two kinds, the *distinct* and *confluent*. In the first the eruptions are separate from each other, and, in the second, they run together, forming large or continuous patches, particularly on the face. The confluent small-pox is the most aggravated form of the disease. The eruption is not unfrequently preceded by a copious diarrhœa; and the tongue is covered with a dark or black coat. The saliva is so viscid as to be discharged from the mouth with difficulty. The fever, unless subdued by appropriate remedies, continues violent throughout the malady, accompanied sometimes with delirium, stupor, or convulsions. The matter contained in the pustules is of a dark color, and oftentimes so acrid as to excoriate the parts with which it comes in contact. "Sometimes it happens that a putrescency of the fluids takes place at an early period of the disease, and shows itself in livid spots interspersed among the pustules, and by a discharge of blood by urine, stool, and from various parts of the body.

There is no disease which yields more readily to the medicines employed in the reformed practice, than this; but, on the other hand, if patients are bled and dosed with poison, it must be expected that many of them will perish, for the treatment itself is sufficient, in many instances, to destroy life, independent of any co-operation of the original disorder.

*Treatment.*—By giving medicine to promote a gentle perspiration, no difficulty will be experienced in the treatment of small-pox. Severe cases are often cured by the use of composition, or cayenne and bayberry, giving a dose every one, two or three hours, as long as the symptoms render it necessary. Pennyroyal or catnip tea, is also an excellent medicine, and may be employed freely as a drink. It is important that the bowels should be regularly evacuated, and if there is any tendency to costiveness, an injection may be administered every night and

morning. Benefit will be derived from taking a dose of composition at bed time, and placing a bottle of hot water at the feet. The patient should abstain from animal food, and subsist principally on a nourishing vegetable diet, such as hominy, wheat jelly, and preparations of sago, rice, tapioca and the unbolted wheat meal.

If any unfavorable symptom should arise, such as flat-tening of the pustules, tendency of the eruption to recede, intense fever, copious diarrhœa, black tongue, delirium, stupor, or great prostration of the vital powers, we must administer a thorough course of medicine, and repeat it at proper intervals as long as there is any apprehension of danger. Between the courses, appropriate remedies are to be employed to preserve the moisture of the skin; for unless we keep a constant determination to the surface of the body, the whole force of the disease will be expended upon the internal organs, and produce an alarming or perhaps fatal train of symptoms.

Where the patient is restless or nervous, a portion of scullcap or lady's slipper may be added to the other medicines, or the nervine tea may be employed. If convulsions ensue, the same treatment may be adopted which is recommended under that head.

The patient should be sponged during the administration of each vapor bath with a solution of sal æratus or bicarbonate of soda, giving preference to the latter, if it can be obtained. This cleanses the skin, and has a highly salutary effect. The solution may be warm or cold, as may be most agreeable. After it has been applied, the surface may be washed with pure water, or a tea of raspberry, witch hazel or sumach leaves.

The temperature of the sick chamber is to be regulated according to the season. A cold atmosphere, which is frequently recommended by physicians, is as injurious as an undue degree of warmth. Extremes are to be avoided. The patient should neither be loaded with clothes, as was the practice fifty or sixty years ago, nor denied a sufficient quantity to render him comfortably warm, and keep the skin moist. A peculiar and unpleasant odor rises from the body during the latter stages of the disease, and hence the

utmost degree of cleanliness should be observed, and the apartments ventilated several times a day, without exposing the patient to draughts of air. Ventilation, let it be borne in mind, is of paramount importance.

Medical writers recommend that the face should not be heated by exposure to the fire, and the precaution is worthy of attention. One particular advantage attending the reformed vegetable practice in small pox is, that the face is rarely or never pitted.

#### SPASMODIC CHOLERA.

This formidable disease appears to have first made its appearance in Hindostan in 1817, and spread slowly through Arabia, Persia, Russia, Poland and Germany, arriving in England in 1831, and making its way into Canada and the United States the following year. It is sometimes very sudden in its attacks, the patient being immediately prostrated by copious, watery evacuations from the bowels. Usually, however, it is preceded for a few days, or a week, by languor, giddiness, pain and rumbling noise in the bowels, head-ach, diarrhœa, cramps of the fingers and toes, numbness of the limbs, and sometimes nausea and vomiting. As soon as the disease is fairly established, the strength of the patient fails very rapidly, in consequence of the profuse alvine discharges, which resemble rice water. These are accompanied with giddiness, ringing in the ears, imperfect vision, violent vomiting, burning pain in the pit of the stomach, thirst, restlessness and cramps or spasms of the legs and thighs, which sometimes extend to the whole body. The eyes are sunken, and the countenance pale and cadaverous. The skin becomes cold and clammy, loses its elasticity, falls into wrinkles upon the hands and feet, and acquires a livid or bluish color. The breath is very cold, indicating in some instances, according to Professor Espy, a temperature of only 60 degrees. The liver is extremely torpid, so that no bile makes its appearance in the stools. The urine also is scanty or dried up. The mind is rarely affected, and the patient continues to



talk rationally until a short period before his death. In some cases, the vomiting and spasms do not occur.

Cholera has generally proved most fatal in the neighborhood of low, marshy districts, and in the dirty streets and alleys of our towns and cities. The intemperate, whether in eating or drinking, but particularly the latter, and those living in damp, filthy hovels and cellars, have been most frequently numbered among its victims. Want of cleanliness, indigestible food, unripe fruit, and exposure to the cold or damp night air, are all exciting causes of the disease. Those who wish to avoid the cholera, should live temperately, take their meals at regular hours, dispense with those articles of food which tend to disorder the stomach and bowels, and use the cold bath every morning as soon as they are out of bed.

There is no disease, perhaps, in which the medical faculty have betrayed so gross an ignorance of the healing art as in cholera. It was a malady with which they were unacquainted, and this led them to institute a great number of experiments, some of which were of a barbarous and revolting character. It is stated that Professor Hayward stated to his class, that he had injected three pints of a preparation of soda into the veins of a cholera patient at one time, and *three gallons* within the space of three hours; but he acknowledged that this treatment always proved fatal—or rather, that the patients invariably died.

When the disease prevailed in Boston, the consulting physicians of the city, having been requested by the Mayor and Aldermen to prepare some instructions for the relief of persons attacked, until medical advice could be obtained, recommended *two hundred drops of laudanum to be taken in hot brandy and water in the course of an hour, and the application of a mustard poultice over the whole surface of the bowels*. A *purgative* was also to be administered. Such was the treatment to be pursued previous to the arrival of a physician, who, in the language of Dr. Drake, generally came in time “to order a coffin” for the unfortunate patient. Now it is apparent to every person of reflection, that the *laudanum, brandy, mustard poultice and purgative*,



as recommended by the Boston physicians, would be sufficient, in many instances, to destroy a person in health; and it need not excite our wonder, therefore, that these pernicious agents should have proved fatal to those who were suffering from an attack of cholera.

Magendie, the French Physiologist, entertained a more rational view of the disease than his medical brethren generally, and was very successful in its treatment. He says: "The diminished energy of the circulation, and the blue and cold condition of the body, in individuals seized with the cholera, were prominent phenomena. On the arrival of a patient in my wards, he was placed in a thoroughly heated bed, his limbs rubbed with stimulating liniments, and bags of hot sand applied along the body; internally he was given hot drinks."

By this treatment, which was intended to re-establish the circulation, "through the artificial restoration of animal heat," Magendie frequently witnessed the recovery of health.

*Treatment.*—To check the rice water discharges, restore warmth to the surface, and take off the determination of blood to the bowels, are important indications of cure in this distressing malady. Heated stones, wrapped in damp cloths, should be placed at the feet and sides, and pepper sauce, or a tea of cayenne and bayberry, containing a portion of scullcap or lady's slipper, given freely, commencing with the dose of a table-spoonful, if the patient is much prostrated, and repeating it every five or ten minutes, as the case may seem to demand. The addition of slippery elm to this tea, so as to render it somewhat mucilagenous, has been found highly beneficial. Injections are of the utmost importance, and should be administered frequently, as they warm and invigorate the system, control the diarrhoea, and determine the blood to the surface. If the patient is in a sinking or *collapsed* state, two or three tea-spoonfuls of the third preparation of lobelia may be added to each tea-cupful of the cayenne and bayberry tea; and if spasms are present, it should never be omitted. The body and extremities should be rubbed briskly with pepper sauce, tincture of cayenne, or some other stimulating wash,

as this will have the effect to restore warmth and action to the skin.

The vapor from the heated stones should be increased gradually, and in proportion as it can be borne by the patient, wetting his face and breast occasionally with cold water, if there are any manifestations of languor or faintness. As soon as perspiration ensues, an emetic should be administered, followed by all the requisites of a course of medicine; and if relief is not thereby afforded, the course may be repeated according to the circumstances of the case.

When the more violent symptoms are subdued, the choleraed syrup may be usefully employed, and indeed it may be given with advantage throughout the whole course of the disease. During convalescence, spiced bitters should be taken freely to increase the tone of the digestive organs, together with a light, soothing, and nourishing diet, such as slippery elm and milk, wheat jelly, and preparations of sago, and tapioca. Cold water should be avoided until the health is fully restored, as it is liable to cause a relapse. The fleabane is considered an invaluable herb in the treatment of cholera, and as it abounds in almost every part of the United States, may be procured when other remedies are not at hand. Pepper sauce has cured aggravated cases of cholera, without the aid of any other medicine. The captain of a western steamboat was attacked suddenly with the disease, during its prevalence in this country in 1832, and in half an hour was deathly cold, scarcely able to speak, and almost without pulsation at the wrist. Half a tumblerful of pepper sauce was administered, and repeated in a short time. The pulse soon became perceptible, the extremities manifested a glow of returning warmth, the haggard visage became placid and serene, and without further treatment the patient speedily recovered.

#### SPRAINS.

Sprains are the effects of severe strains of the tendons, or ligaments, and most frequently happen in the ankles, knees, and wrists. Accidents of this kind, especially if

severe, are usually followed by a painful inflammatory swelling of the part.

*Treatment.*—Many things have been recommended and used as external applications to sprains; but the pouring on of cold water is perhaps better than any thing else. Wormwood or tanzy, bruised and bound on the part, is useful; or either of those articles may be steeped in vinegar, and applied; occasionally moistening the herb as it becomes dry, with some of the vinegar in which it was steeped. Chamomile may also be used in the same manner. The nerve ointment will likewise be found very useful in removing the pain and soreness.

The leaves of the common bur-dock, bruised and applied to sprains, is highly recommended, it being said that it will give immediate relief. In the first place, however, we would recommend that the part be bathed with pepper and vinegar, or with the tincture of myrrh, or No. 6; and if redness and inflammation appear, cold water ought to be poured on it; previously taking a dose of composition powders or cayenne. The sprained limb must also have rest, and should not be allowed to hang down; and where weakness remains, after the swelling and soreness are gone, in addition to pouring cold water on the weak joints, wearing a tight bandage around it will be useful.

#### TOOTH-ACH.

This distressing malady arises from various causes, such as cold, rheumatic affection, the introduction of some foreign matter into the tooth when it is decayed.

*Treatment.*—The application of something warm to the part, as a hot brick or rock, wrapped in a wet cloth, or holding the head over a steam having it covered with a blanket; bathing the face or jaw with pepper and vinegar, or applying to the face a paper wet with vinegar and sprinkled with cayenne; or holding heating substances in the mouth, such as No. 6, pepper tea, etc. or chewing a small piece of the bark of zanthoxylon, will be found of great benefit, (The same plan may be pursued in cases of ague or pain in the face and jaw.)

The introduction into the diseased tooth, if it be hollow, of a little lint, or cotton wool, moistened with either the third preparation of lobelia, or oil of summer savory, oil of cloves, or of nutmegs, etc. will afford relief. Previous to the application of any of these articles, the hollow or cavity of the tooth should be carefully cleansed of all extraneous matter; and if it be found necessary to renew them, the same precaution ought also to be taken at each renewal. The most certain means, however, of getting rid of this painful disease is to extract the tooth. By having this done seasonably, the adjoining teeth will be preserved from being affected with caries or decay from the diseased tooth. If tooth-ach takes place in a sound tooth, it should not be extracted.

#### ULCERS.

These are formed by a process termed *ulceration*, and result from a variety of causes, such as wounds, burns, setons, issues, and the external applications of caustic, blisters, and mustard poultices. If the blood is impure, the slightest scratch or bruise is liable to degenerate into an ill-conditioned sore or ulcer, especially in cold weather. Scrofulous and syphilitic ulcers have been described under their appropriate heads.

When an ulcer is in a healthy state, says, Dr. S. Cooper, it discharges a whitish matter resembling cream, and the granulations are small, red, and pointed at the top. When the granulations have risen to the level of the surrounding skin, those next the old skin becomes smooth, and covered with a thin semi-transparent film, which afterwards becomes opaque, and forms cuticle. An ulcer answering this description, is in a healing state, and the parts should be kept perfectly clean. The florid color of the granulations, says Sir Astley Cooper, is produced by the blood-vessels having a considerable quantity of arterial blood, and a free circulation.

In *indolent ulcers*, says Dr. S. Cooper, "the edges of the surrounding skin are thick, prominent, smooth and rounded. The granulations are smooth and glossy, the pus or matter



is imperfectly formed, and adheres so firmly to the surface of the ulcer that it can scarcely be wiped away. The bottom of the sore forms almost a level, and its general aspect gives the idea of a portion of the skin and parts underneath having been for some time removed, and the exposed surface not having commenced any new action to fill up the cavity. Indolent ulcers form the majority of those which are to be seen in the large hospitals of London. Their granulations are endued with a weak living principle, and are very apt to be suddenly absorbed without any assignable cause."

*Irritable ulcers* are extremely tender, bleed very easily, and have jagged or uneven edges. There is no distinct appearance of granulations, but only of a whitish spongy substance, which discharges a thin acrid fluid.

In *malignant ulcers* the surrounding skin is of a livid color, and covered with small vesicles or blisters, as in mortification. They sometimes corrode or destroy the bones. Among the causes of this species of ulcer, is the use of mercury.

Ulcers frequently form on the legs, in consequence of an impeded circulation in the veins. They are more frequent in men than in women, particularly those who are much upon their feet. The diseased veins are enlarged, and irregular in their course, and the "surface covering them is formed into a crust, under which a quantity of serum is secreted." Veins in this state are said to be varicose, and surgeons, in order to effect a cure, are in the habit of tying and dividing them, but the practice, says Sir Astley Cooper, is replete with danger. He adds, "another overwhelming objection to the operation is, that when it does not prove fatal, its ultimate effects are perfectly useless."

An ulcer occasionally extends to a considerable depth, so "that the discharge has to travel through a channel before it arrives at the surface," and is known by the name of *fistula*. It arises in different parts of the body, but is most common about the anus, and hence the term *fistula in ano*.

*Treatment.*—In the local treatment of ulcers, they should

be washed clean with warm soapsuds, followed by a tea of witch hazel, bayberry, or some other appropriate astringent, and a poultice of slippery elm applied, repeating the application every twelve or twenty-four hours, according to the necessity of the case. If the sore is hot and painful, the poultice should be wetted occasionally with cold water.

Bayberry tea is an excellent cleansing wash for sores, unless they are very irritable, and then a tea of witch hazel, pond lily or sumach, is preferable, inasmuch as it is devoid of pungency, and of a mild and soothing nature.

Ulcers of an indolent character require to be stimulated, and after they have been washed, as directed above, they may be wetted with No. 6, or tincture of myrrh. This is particularly advisable, where the sore is malignant or gangrenous. A portion of ginger or N. 6, may be added to the poultices, if it can be borne by the patient.

Ulcers are sometimes signally benefitted by sprinkling them with pulverized loaf sugar, previous to the application of the poultice.

Fistulas, and ulcers of every description, which extend for any distance beneath the surface, should be syringed every night and morning, particularly if they are offensive, or the seat of an acrid discharge. By this means, the sore is thoroughly cleansed, and brought into a healing condition. A small syringe should be employed, and the fluid injected with as little force as possible, especially if the part is very sensitive. Nevertheless, we should always be certain that we reach the bottom of the ulcer, or the treatment will fail in producing the desired effect. The tincture of myrrh has been injected into fistulas and ulcerated cavities, with great advantage. If a sore is irritable, the carrot poultice will be found highly useful; and if it is extremely fœtid, an application may be made of the yeast or charcoal poultice.

Ulcers, on the lower extremities, which are dependant on an enlarged state of the veins, cannot be cured, as a general thing, unless the patient avoids an erect position. If he is much upon his feet, there is no opportunity for the veins to diminish in size, and the ulcers become extremely obstinate. It is a very good practice to bandage the limb,

commencing at the foot, previously laying a plaster of Shecut's Stimulating Liniment on the diseased surface.

In the event of *proud flesh*, as it is termed, which is nothing more than a prominent or unhealthy state of the granulations, the sore may be washed with an infusion of sumach berries, or No. 6 diluted with water, and a poultice of slippery elm, prepared with a tea of witch hazel or bayberry, applied. Lint, moistened with sweet oil, nerve ointment, or green salve, is frequently applied to keep down granulations, and as more or less pressure is necessary, it must be confined to the sore with an appropriate bandage. The poultice or lint may be employed, according to the circumstances of the case.

Besides external applications, medicines are to be used internally, to restore the general health, for while the blood is impure, and the whole system is disordered, it is impossible that an obstinate ulcer can be healed. This is verified at the public hospitals and alms houses, where patients remain for months and, even years, with what are termed *incurable ulcers*, merely because adequate means are not taken to improve the health and invigorate the constitution. Tonics, stimulants, enemas and the vapor bath are to be employed, as the case may seem to demand; and if the ulcer has been of long standing, it will be necessary to administer a few courses of medicine. Attention to diet is indispensable. Chronic ulcers of ten or fifteen years standing has been cured in five or six weeks, by a regulated diet and an occasional course of medicine.

#### VENEREAL DISEASE.

A person is said to have the syphilis, observes a medical writer, when the venereal poison has been received into, or is diffused through the system, and there produces its peculiar effects, such as ulcers in the mouth, tetters, ulcers of the skin, pains, swellings, and caries or mortification of the bones. As long as the effects of the poison are local and confined to or near the genital organs, the disorder is not called syphilis, but is distinguished by some particular



name, according to its seat or appearance, such as gonorrhœa, chancre or bubo.

Syphilis, as well as gonorrhœa, is generally contracted by impure sexual intercourse, and is sometimes transmitted from parent to child. It is so contagious, in some instances, as to be communicated by the breath. This, however, is very rare. Cardinal Woolsey, was indicted for whispering in the king's ear, while supposed to be affected with venereal.

*Chancres* are sores of a peculiar character, which arise in a few days or weeks after the venereal poison has been imbibed. They are properly termed *syphilitic ulcers*. In the male, they usually make their appearance on the head of the penis or under the foreskin; but in the female, they are generally found on the external or internal labia, or within the vagina. They appear also on the thighs, and, indeed, on every part of the body with which the venereal poison comes in contact. They are divided by Mr. Marshall Hall into four kinds, the simple, the indurated, the phagedenic, and the gangrenous.

The *simple syphilitic ulcer* usually begins about the head of the penis, "with a small red spot, followed by a yellowish-white point, gradually changing to a small, slightly excavated ulcer, having its bottom covered with a yellowish white, very adherent substance."

The *indurated ulcer* "is circular, excavated, without granulations, covered with a whitish adherent matter, and having a callous base, with hard, thick edges. When it appears on the body of the penis, it spreads to a considerable size, and retains its characteristic hardness, but without excavation."

The *phagedenic*, or eating ulcer, "has an eroded aspect, is without granulations, and the soft parts which surround it are not callous or indurated. It sometimes spreads with great rapidity, committing much havoc in the course of a few days; at other times it creeps slowly, but does not stop until it has destroyed a considerable portion of the head of the penis. It is sometimes attended with hæmorrhage."



The *gangrenous ulcer* "is the most terrific of all the primary syphilitic affections. It begins with a small blackish spot, attended with a little pain, but which, on examination, is found to be a gangrenous eschar. This goes on increasing until a slough separates, leaving a highly corrosive sore, attended with acute pain, and soon covered with a new eschar. In this manner a succession of corrosive processes and eschars goes on, until a large part, and sometimes the whole, of the genital organs, in both sexes, are destroyed." The matter discharged from these sores is capable of ulcerating the healthy skin, and hence the utmost cleanliness should be observed.

*Buboes*, as they are termed, are an enlargement or swelling of the glands, very much resembling a bile, and have received their name from a Greek word signifying groin, in which they most frequently appear. They are found occasionally in the armpits, and in other glandular parts. They frequently suppurate and break, discharging a large quantity of matter.

The health of the patient becomes seriously affected in this complaint. He complains of head-ach, severe pains in the joints, sore throat, distressing cough, and disorder of the stomach and bowels. He expectorates considerable quantities of thick phlegm. The skin breaks out with red pimples, and copper-colored spots or blotches also make their appearance, covered at first with whitish scales, and passing at length into offensive sores.

As the disease advances, ulceration seizes upon the throat, and extends to the neighboring parts, gradually eating away the palate and nose. The voice becomes hoarse and is at last entirely destroyed. The bones, in different parts of the body, increase in size, presenting large tumors, and, at length, become rotten and exfoliate. It is a question, however, whether these dreadful symptoms, together with the formation of buboes, are not frequently produced by mercury, for it is well known that the medical faculty invariably administer that poison in syphilis, believing that nothing else will remove the disorder. The effect of mercury in rotting the bones, also, is equally well known to those who are acquainted with its nature.

“ When the disease is suffered to take its own course,” says a writer on the subject, “ and is not counteracted by proper remedies, the patient will, in the course of time, be afflicted with severe pains, particularly in the night time; his countenance will become sallow, and his hair fall off; he will lose his appetite, strength and flesh; his rest will be much disturbed by night, and a slight hectic fever will arise. The ulcers in the mouth and throat being likewise suffered to spread, and to occasion a caries of the bones of the palate, an opening will be made from the mouth to the nose; and the cartilages and bones of the nose being at length eaten away, they will sink on a level with the face. Some constitutions will bear up a considerable time against the disease, while others again will soon sink under the general weakness and irritation which it produces.”

*Treatment.*—The disease, in its early stages, where the symptoms are not urgent, may usually be cured by very simple treatment. The diet should be sparing, and chiefly vegetable; the skin rubbed every night and morning with a coarse towel or flesh brush; and the bowels regulated, if necessary, with injections. If the appetite is impaired, the spiced bitters or some other tonic may be taken before each meal; and at night, on going to bed, benefit will be derived from a dose of composition or cayenne and bayberry. If the disease does not readily yield to this treatment, a course or two of medicine should be administered.

The *syphilitic ulcers* should be washed every night and morning with warm soapsuds, followed by a tea of witch hazel, bayberry, or any other of the astringents, and touched with a feather which has been dipped into No. 6 or tincture of myrrh. The latter application should never be omitted, where the ulcers are gangrenous. A poultice of slippery elm, prepared with raspberry or witch hazel tea, may now be applied, renewing it every twelve hours, or oftener, if necessary, and adding a portion of ginger to it, where the sore is not too irritable. After the ulcers assume a healthy appearance, the healing salve may be applied.

If buboes arise, an attempt may be made to scatter them, taking a dose of cayenne or composition several

times a day, to keep a healthy action in the system. If, however, they are very much inflamed, and there is every appearance of suppuration having commenced, they should be poulticed as directed for biles, so that the matter or pus may be discharged as speedily as possible. Both in buboes and syphilitic ulcers, the local application of vapor is found to be highly efficacious.

If severe constitutional symptoms arise, or if the system has been poisoned with mercury, a cure can only be effected by thorough courses of medicine, repeating them once or twice a week, according to the necessity of the case, and paying particular attention to the intermediate treatment. In this way the blood will be purified, and the system restored to a healthy condition. The alterative syrup may be used with advantage between the courses. If the throat is affected, it should be gargled frequently with some astringent tea, rendered slightly pungent with No. 6.

#### WHITE SWELLING.

This is a most dreadful disease, seated commonly in the knee joint, though sometimes in the ankle, or in the wrist or elbow. It takes its name from the circumstance of there being no inflammation or discoloration of the skin which covers the swelling, and seems to be a complaint partaking of the nature of both scrofula and rheumatism; and may often be said to partake of the horrors of both. The disease, in fact, is distinguished by authors into two kinds, the rheumatic and the scrofulous, as it shows symptoms of one or the other of these affections.

In the rheumatic species of white swelling, which is its mildest form, an acute pain is felt extending over the whole joint, and sometimes along the muscles which are connected with it. A swelling of the part also at the same time commences, which, in different patients, progresses with different degrees of rapidity; but the joint is always sufficiently swollen to cause a perceptible difference of size between it and the corresponding one of the sound limb. The skin which surrounds the swelling generally becomes



considerably tense ; but there is scarcely ever any discoloration of it at this stage of the disease.

Any motion of the joint causes, from the first, a considerable increase of the pain ; and the patient, always finding most relief from pain when the muscles are relaxed, keeps the limb in a bent posture, which generally becomes stiff in this position. The swelling now increases with greater rapidity, and the joint frequently enlarges to twice or thrice the natural size ; the limb, both above and below the affected part, wastes away, though sometimes it becomes dropsical. The pains are more severe and intolerable ; and finally, perhaps, abscesses form in various parts of the swelling, and break out into bad ulcers, which are very similar in their character to those treated of under the head of scrofula.

In that species of the disease termed the scrofulous, the pain at the commencement is more acute, and confined to a particular point, most frequently to the very middle of the joint ; but the swelling is less considerable than in the rheumatic species. An increase of pain on motion, and a stiffness of the joint takes place in this as in the other species, and as the disorder advances, the pains increase in violence and the swelling become more considerable ; the ends of the bones appearing to partake of the disease, they also are enlarged. In time, the swelling in this form of the disease, assumes the same appearance as it does in the rheumatic kind ; and in both the constitution becomes equally affected, and both may have the same termination ; that is, death, unless their progress is arrested by the use of proper means.

*Treatment.*—The general health requires particular attention in this complaint ; and if much impaired, it should be reinstated by the administration of a few courses of medicine. Between the courses, composition, cayenne, spiced bitters, enemata and the vapor bath may be employed as circumstances require. The alterative mixture is also a useful medicine. Attention to diet and cold bathing, provided the latter is admissible, should not be neglected.

The local application of vapor to the affected joint once



or twice a day, will be found highly efficacious in removing the pain and inflammation, and establishing a healthy action in the part. After the process has been completed, the joint may be rubbed briskly with warm vinegar and cayenne, or some stimulating liniment, and wrapped in a flannel to keep the skin moist. If there is much pain, a flannel wrung out of vinegar and cayenne may be applied, together with a heated stone, or bottle of hot water, wrapped in a damp cloth.

During the administration of a course of medicine, the following poultice may be confined to the swelling with advantage. Stir Indian meal into boiling water until it is of the desired consistence, and mix with it a tea-spoonful or more of cayenne, and two table-spoonsful of brown lobelia. When the course is finished, the poultice may be removed, and the joint wrapped in flannel, as directed above. If suppuration takes place, the elm and ginger poultice must be applied until the inflammation is subdued, and the matter all discharged. The ulcer may then be dressed with healing salve.

Dr. Thomson says, that previous to suppuration, he has used the following poultice with particular benefit. Take of the green root of comfrey, and scrape it until you have a sufficient quantity of the pulp or mucilage; add the white of one or two eggs, and a glass or more of 4th proof brandy; beat these together in a mortar, until you have a poultice of the proper consistence. Spread the mixture upon a piece of linen, or fine soft leather, sufficiently large to surround the joint, and confine it with appropriate bandages. The poultice is to be renewed as often as it becomes dry. The particular advantage of this application is, that it gradually contracts upon the swollen joint, and diminishes the swelling, without increasing the pain or irritation.

#### WHOOPIING COUGH.

This is a disease known by a convulsive, strangulating cough, with whooping, returning by fits that are usually terminated by vomiting. Children are most commonly the subjects of this disease, and it seems to depend on a spe-

cific contagion, which affects them but once in their life. This disease being once produced, the fits of coughing are often repeated without any evident causes ; but, in many cases, the contagion may be considered as only giving the predisposition, and the frequency of the fits may depend upon various exciting causes ; such as violent exercise, a full meal, the having taken food of difficult digestion, and irritation of the lungs by dust, smoke, or disagreeable odours. Emotions of the mind may likewise prove an exciting cause. It is evidently produced by contagion. Its proximate or immediate cause seems to be a viscid matter or phlegm lodged about the bronchea, trachea, and fauces, which stick so close as to be expectorated with the greatest difficulty.

The whooping cough usually comes on with a difficulty of breathing, some degree of thirst, a quick pulse, and other slight febrile symptoms, which are succeeded by a hoarseness, cough, and difficulty of expectoration. These symptoms continue perhaps for a fortnight or more, at the end of which time the disease puts on its peculiar and characteristic form, and is now evident, as the cough becomes convulsive, and is attended with a sound, which has been called a whoop.

When the sonorous inspiration has happened, the coughing is again renewed, and continues in the same manner as before, till either a quantity of mucus is thrown up from the lungs, or the contents of the stomach are evacuated by vomiting. The fit is then terminated, and the patient remains free from any other for some time, and shortly afterward returns to the amusements he was employed in before the fit, expresses a desire for food, and when it is given to him, takes it greedily. In those cases, however, where the attack has been severe, he often seems much fatigued, makes quick inspirations, and falls into a faint.

On the first coming on of the disease, there is little or no expectoration ; or if any, it consists only of thin mucus ; and as long as this is the case, the fits of coughing are frequent, and of considerable duration ; but on the expectoration becoming free and copious, the fits of coughing are less frequent, as well as of shorter duration.

By the violence of coughing, the free transmission of blood through the lungs is somewhat interrupted, as likewise the free return of the blood from the head, which produces that turgescence and suffusion of the face, which commonly attend the attack, and in some instances brings on a hæmorrhage either from the nose or ears. The disease having arrived at its height, usually continues for some weeks longer, and at length goes off gradually. In some cases it is, however, protracted for several months or even for a year, and sometimes terminates in other complaints.

*Treatment.*—Courses of medicine are not necessary in this complaint, excepting where the symptoms are urgent, or the general health is very much impaired. If the bowels are irregular, an injection should be administered once or twice a day, and exposure to wet and cold avoided. The feet, in particular, must be kept warm and dry. The diet should be light and nourishing, dispensing with the use of fat meat, butter, and all the grosser articles of food. The wheat jelly, or the unbolted wheat meal gruel, will be of essential service in regulating the bowels. If the air passages of the lungs are loaded with phlegm, so as to oppress the breathing, an emetic of lobelia will afford relief.

Where the appetite is impaired, the spiced bitters may be taken before each meal; and if the symptoms are violent, the patient should be kept in a gentle perspiration with composition tea; or if this is unsufficient, with an infusion of cayenne, bayberry, scullcap, and green lobelia. The latter preparation is highly serviceable in allaying the cough. Among other useful remedies which may be employed for this purpose, are the cough jelly, cough powder, and the tincture of lobelia dropped on loaf sugar.

#### WORMS.

These are chiefly of three kinds, viz. the *tænia* or tapeworm; the *teres*, or round and long worms; and the *ascarides*, or round and short worm. There are many other kinds of worms found in the human body; but as they proceed, in a great measure, from similar causes, have nearly the same symptoms, and require almost the same method of treat-



ment, as these already mentioned, we shall not spend time in enumerating them.

The tape-worm is white, very long and full of joints. It is generally bred either in the stomach or small intestines. The round and long worm is likewise bred in the small guts, and sometimes in the stomach. The round and short worms commonly lodge in the rectum, and occasion a disagreeable itching about the seat.

The long round worms occasion squeamishness, vomiting, a disagreeable breath, gripes, looseness, swelling of the belly, swooning, loathing of food, and at other times a voracious appetite, a dry cough, convulsions, epileptic fits, and sometimes a privation of speech. These worms have been known to perforate the intestines, and get into the cavity of the belly. The effects of the tape-worm are nearly the same with those of the long and round, but rather more violent.

Andry says, the following symptoms particularly attend the *solium*, which is a species of tape-worm, viz. swoonings, privation of speech, and a voracious appetite. The round worms called *ascarides*, besides an itching of the anus, cause swoonings, and tenesmus, or an inclination to go to stool.

Worms may proceed from various causes; but they are seldom found except in weak and relaxed stomachs, where the digestion is bad. Sedentary persons are more liable to them than the active and laborious. Those who eat great quantities of unripe fruits, or who live much on raw herbs and roots, are generally subject to worms. There seems to be an hereditary disposition in some persons to this disease.

The common symptoms of worms are, paleness of countenance, and, at other times, universal flushing of the face; itching of the nose, this, however, is doubtful, as children pick their noses in all diseases; starting, and grinding of the teeth in sleep; swelling of the upper lip; the appetite sometimes bad, at other times quite voracious; looseness; a sour or stinking breath; a hard swelled belly; great thirst; the urine frothy, and sometimes of a whitish color; griping, or colic pains; an involuntary discharge of saliva, especi-



ally when asleep ; frequent pains of the side, with a dry cough, and unequal pulse ; palpitations of the heart ; swoonings, drowsiness, cold sweats, palsy, epileptic fits, with many other unaccountable nervous symptoms, which were formerly attributed to witchcraft, or the influence of evil spirits. Small bodies in the excrements resembling melon or cucumber seeds are symptoms of the tape-worm.

*Treatment.*—Equal parts of composition and spiced biters is an excellent medicine for worms. A tea-spoonful of the powder, steeped in two-thirds of a tea-cupful of boiling water, and sweetened to suit the taste, may be given two, three, or four times a day. This will generally effect a cure in a mild attack of the complaint.

Injections are highly efficacious, particularly in case of the maw or pin-worm, which is usually confined to the rectum. They may be administered with advantage several times a day, and if the patient is costive, should always constitute a part of the treatment. Bayberry is an important remedy, because it detaches the vitiated mucus which lines the intestinal canal, and which, no doubt, is invariably present during the existence of worms. It may be given in the form of composition, as directed above, or the tea may be administered, with a portion of cayenne.

Where the symptoms are urgent, or the health seriously impaired, one or two courses of medicine will be necessary.

The following preparation, says an eminent writer and practitioner, will be found very effectual in expelling different kinds of worms from the system, and that it exceeds every other preparation, he has ever tried : take Carolina pink root ; Alexandria senna ; manna, of each half an ounce ; bruise all, and add to the powder, one quart of boiling water. Let it stand a short time, in order to extract the strength of the articles, sweeten with molasses, and add a small quantity of milk. For a child five years old, give a gill three or four times a day on an empty stomach, and if this does not purge, increase the dose until the effect is produced. This, says he, will be found a very valuable remedy for different kinds of worms, and even should there more exist, it will cleanse the stomach and bowels, and prove very beneficial.

If children were properly managed with respect to diet, they would rarely or never be troubled with worms. The manner in which they are pampered at the present day, by inconsiderate parents, can scarcely fail to damage the stomach and bowels, and an attack of worms is almost a necessary consequence. If children were confined to a vegetable diet, which in fact, is more nutritious than animal food, allowing them ripe fruit at their meals, and milk, or pure soft water for drink, they would cease to be afflicted with the malady. Exercise in the open air, also, when the weather permits, is indispensable to a healthy and vigorous state of the general system.

#### YELLOW FEVER.

This disease is characterized by high fever, yellow color of the skin and vomiting of black ropy matter, resembling coffee grounds. It is peculiar to warm climates, breaking out in the hot weather of summer, and particularly in the neighborhood of the low and marshy districts. It is no doubt caused by the decomposition of vegetable and animal substance, which fills the whole atmosphere with impurities. Under these circumstances, persons who are intemperate in their habits, or indulge in any excess which weakens the body, are very liable to be attacked. Individuals who reside where the disease is prevalent should avoid exposure to the rays of the sun, as well as the cold damp air of the night.

Previous to an attack, the patient generally complains of head-ach, giddiness, pains in the back and limbs, chilliness, loss of appetite, nausea, debility, costiveness, and a sense of weight or oppression at the stomach. These symptoms, in the ordinary course of the disease, are succeeded by a hot and dry skin, great thirst, retching, flushing of the face, anxious expression of countenance, shooting pains in the head, back, and extremities, vomiting of yellow or greenish matter, restlessness, hurried breathing, intolerance of light, delirium, and a severe burning pain in the stomach. The vomiting becomes more frequent and distressing as the disease advances, and the skin and eyes assume a yellow color. The latter symptoms, however, may not occur

for four or five days from the commencement of the attack. The tongue which was red at first, or covered with a white, or yellow coat, becomes dark colored or black. In the last stage of the complaint, the pulse sinks, the *black vomit* commences, and the extremities become icy-cold. Profuse diarrhœa is a common symptom, accompanied, oftentimes, with delirium, hickup, stupor, convulsions, swelling of the abdomen, and hæmorrhage from the bowels, and other free passages.

The *black vomit* consists of blood almost in a putrid state, which escapes from the vessels of the stomach. Magendie has produced it in dogs, by injecting a small portion of putrid water into their veins.

*Treatment.*—The force of this disease seems to be expended principally on the stomach and liver, and hence we must resort to active treatment to relieve these organs, or it will be impossible to effect a cure. A thorough course of medicine should be administered without delay, and if this does not afford the desired relief, it should be repeated as soon as the skin becomes hot and dry, or other unfavorable symptoms return.

Between the courses, the patient should be kept in a gentle perspiration by the use of enemas, and cayenne and bayberry tea, containing a small portion of lobelia.

Cayenne is a highly efficacious remedy, and should be freely employed. Dr. Thatcher, in his Dispensatory, states that where the stomach was too irritable for calomel, in the yellow fever of the West Indies, cayenne made into pills was administered, and it cured even after the black vomit had commenced.

After the first day or two, there is sometimes a remission of the symptoms, which leads the patient to suppose that he is regaining his health; but this is often a deceitful calm, and unless the stomach has been thoroughly cleansed, and the skin is moist and of a natural temperature, the medicine should be given in full and frequent doses.

The treatment which has been recommended for typhus fever may be adopted with equal propriety in this, and the reader is therefore referred to the remarks on that subject.

## PART THIRD.

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### PHARMACY AND DISPENSATORY.

Pharmacy may be defined that branch of medical science which teaches the art of preparing and combining remedies for the treatment of diseases.

It is the object and province of *materia medica*, to provide or furnish articles or ingredients for the prevention and cure of diseases, and to treat of their properties and virtues. But it is the province of pharmacy to show how these articles are prepared and compounded for administration.

#### TABLE OF DOSES.

As a general rule, the following table of doses will be quite sufficient; but much must always be left to the judgment of the prescriber, who alone can judge of the constitution and state of the case:—

A person from fourteen to twenty years of age, may take two-thirds of a dose intended for an adult.

From nine to fourteen, one-half.

From six to nine, one-third.

From four to six, one-fourth.

From two to four, one-sixth.

From one to two, one-tenth.

Below one year, a twelfth.

A woman, generally, should take a little less than a man.

#### APOTHECARIES WEIGHT.

A pound	contains	12 ounces.
An ounce	“	8 drachms.
A drachm	“	3 scruples.
A scruple	“	20 grains.



MEASURE FOR LIQUIDS.

A pint contains 12 ounces.  
 An ounce " 8 drachms.  
 A table-spoonful is about half an ounce.  
 A tea-spoonful is one-fourth of a table-spoonful.  
 Sixty drops make a tea-spoonful.

Every article used in medicine should be collected in the right season, and be free as possible from impurities.

PULMONARY BALSAM.

Take of spikenard root, . . . . .	1½ pounds.
Hoarhound tops, . . . . .	1½ "
Elecampane root, . . . . .	1½ "
Comfrey root, . . . . .	1½ "

Add a suitable quantity of water.

Boil, and pour off the infusion repeated, until the strength is all extracted; then strain, and reduce the whole of the liquid down to about twelve porter bottles; then add, of white sugar twelve pounds, and good honey six pounds; clarify it with the white of eggs. Let it stand twenty-four hours, in order that it may settle; add 1 quart of spirits, and finally bottle it for use.

*Dose.*—A wine-glassful three or four times a day.

*Use.*—This preparation is highly useful in the treatment of *pulmonary affections*, and *coughs* of long standing. It is admirably calculated to relieve that constricted state of the lungs which is often met with in *phthisis pulmonalis*, (consumption,) and to assist expectoration. It does not appear to increase the circulation, and is, therefore, a safe remedy in any stage of consumption.

WINE BITTERS.

Take of golden seal, . . . . .	1 drachm.
White wood bark, . . . . .	1 "
Bitter nut, . . . . .	1 "
Cayenne pepper, . . . . .	½ "

Bruise all, and add two quarts of wine.

*Dose.*—A table-spoonful to a wine-glassful 3 times a day.

*Use.*—This forms a useful tonic and pleasant bitter. It is administered in dyspepsia and other complaints, where tonics are indicated.

## COMPOUND BITTERS.

Take of tamarach bark, . . . . .	6 pounds.
Prickly-ash bark, . . . . .	4 “
Wild-cherry bark, . . . . .	3 “
Seneca snake root, . . . . .	3 “
Tanzy, . . . . .	1 “
Socotorine aloes, . . . . .	$\frac{1}{2}$ “

Let these articles be pulverized and mixed; then take of mixture one-quarter of a pound, add three pints of boiling water, two quarts of Holland gin, and one pint of molasses. Let it stand a week.

*Dose.*—Half a wine-glassful morning, noon and evening.

*Use.*—This forms an excellent tonic for dyspepsia, obstruction of the menses, and other diseases where tonics are required.

## RESTORATIVE CORDIAL.

Take of comfrey root, . . . . .	1 ounce.
Solomon's seal, . . . . .	1 “
Spikenard root, . . . . .	1 “
Colombo root, . . . . .	$\frac{1}{2}$ “
Gentian root, . . . . .	$\frac{1}{2}$ “
Chamomile flowers, . . . . .	$\frac{1}{2}$ “

Bruise all together, cover with boiling water, and then add two quarts of wine or methiglin.

*Dose.*—Half a wine-glassful three or four times a day.

*Use.*—This is a very useful tonic, in all cases of debility. It is *pectoral* and *corroberant*, particularly that peculiar to females. It is valuable in fluor albus and incipient consumption. Seldom or never given without benefit.

## NEUTRALIZING CORDIAL OR MIXTURE.

Take of green peppermint, . . . . .	2 pounds.
Simmer it in one gallon of water, and	
Take of Turkey rhubarb, . . . . .	$\frac{1}{2}$ pound.

Simmer in one gallon of water, till the strength is extracted, then strain; add these two liquids together, and add four ounces of sal æratus, and seven pounds of loaf sugar; then boil it a few minutes, and add half a pint of good brandy.

*Dose.*—For a child a year old, two tea-spoonsful every two hours.

*Use.*—This is an invaluable remedy in *cholera morbus*, *dysentery* and *diarrhœa*. It is administered in every stage of these diseases with the best effects. It is *anti-acid*, *anti-dysenteric*, *etc.*

#### ANTI-DYSENTERIC CORDIAL.

Take of Birch bark, . . . . .	2 ounces.
Bayberry bark, . . . . .	1½ “
Cherry tree bark, . . . . .	1 “
Bitter almonds, . . . . .	1 “
Water, . . . . .	2 gallons.

Boil it to one gallon and a half, to which add half a gallon of good brandy, and loaf sugar sufficient to make it palatable.

*Dose.*—A wine-glassful three or four times a day.

*Use.*—This forms an excellent tonic and astringent, for dysenteries and diarrhœas of long standing.

#### VEGETABLE CAUSTIC.

Make a strong ley of hickory or oak ashes ; put it into an iron kettle and evaporate till dry ; pulverize and preserve it in closed vessels.

*Use.*—This caustic is highly useful in the treatment of fistulas, also in indolent ulcers of every character. It removes fungus flesh, without exciting any inflammation, and acts but little except on spongy flesh. It is useful in cancers, and in every case where a caustic is required.

#### COUGH DROPS.

Take of oil of anise, . . . . .	½ drachm.
Oil of almonds, . . . . .	½ “
Balsam of fir, . . . . .	½ “
Tinct. balsam of tolu, . . . . .	½ “
Wine, . . . . .	½ “

Mix.

*Dose.*—Fifteen or twenty drops three or four times a day.

*Use.*—These drops should be given in a little mucilage or tea. They assist expectoration in tickling coughs, and afford great relief.

## TAR DROPS.

Take of best oil of tar.

*Dose.*—Give from four to ten drops, in a little milk, three or four times a day.

*Use.*—Good for pain in the breast.

## CARMINATIVE DROPS.

Take angelica, . . . . .	4 ounces.
Wild valerian, . . . . .	2 "
Calamus, . . . . .	$\frac{1}{2}$ "
Anise, dill and fennel seed, each . . . . .	1 "
Pleurisy root, . . . . .	4 "

Catnip blows or leaves and motherwort, each a large handful.

Infuse the whole in two quarts of brandy, or good common spirits, and digest in a moderate heat for twenty-four hours; then press out and strain the liquid, and add to it half a pound of loaf sugar. When settled, bottle it for use.

*Dose.*—For children, from ten to sixty drops, according to the age; for adults, from one to four tea-spoonsful, in a cup of warm tea. It may be repeated once in four or six hours.

*Use.*—It eases pain, creates a moderate perspiration, and produces refreshing sleep; is good for restless children, removes flatulency and wind colic; and is useful in hysterics and nervous affections, female debility, etc.

## TOOTH-ACH DROPS.

Take of oil of sassafras, . . . . .	$\frac{1}{2}$ ounce.
Oil of cloves, . . . . .	$\frac{1}{2}$ "

Mix. Dip a piece of lint or cotton in the drops and put on the teeth.

## ANOTHER.

Take of oil of summer savory, . . . . .	$\frac{1}{2}$ ounce.
Tincture of cayenne, . . . . .	$\frac{1}{2}$ "

Mix. Dip a piece of cotton in the drops and put into the teeth.

## EXTRACT OF BLOOD ROOT.

This article, applied to lint to some species of ulcers, proves very beneficial.



SOOT.

Is also said to be an excellent escharotic, to remove fungus or proud flesh from wounds and ulcers, and may be substituted for burnt alum, being much better.

DIURETIC DECOCTION.

Take of Queen of the meadow, . . . .	2 ounces.
Milk weed, . . . .	2 "
Juniper berries, . . . .	2 "
Dwarf elder, . . . .	2 "
Spearmint, . . . .	2 "
Wild carrot seed, . . . .	2 "

Put all in a mortar, and bruise. Make a strong decoction.

*Dose.*—Half a pint, to be taken often through the day.

*Use.*—This decoction is very useful in dropsy, gravel, etc.; it is strongly diuretic.

RHEUMATIC DECOCTION.

Take of Virginia snake-root, . . . .	1 drachm.
White pine bark, . . . .	2 "
Burdock seed, . . . .	2 "
Prickly ash bark, . . . .	2 "

Pulverize all together, and add half a gallon of water; boil to three pints.

*Dose.*—Half a pint, two or three times a day.

*Use.*—This forms an excellent decoction in chronic rheumatism.

DIAPHORETIC DECOCTION.

Take of pleurisy root, . . . . 2 ounces.  
Boil it a few minutes in a quart of water; strain.

*Dose.*—A tea-cupful.

*Use.*—This decoction is highly useful in the treatment of pleurisy and other forms of pneumonia or inflammation of the lungs.

DECOCTION OF COHOSH.

Take of Black cohosh, . . . . 2 ounces.  
Water, . . . . 2 quarts.

Boil to three pints.

*Dose.*—One gill.

*Use.*—Useful in uterine hemorrhage, coughs, rheumatism.

## FOR THE GRAVEL.

Take of the root of Jacob's ladder, . . . 2 ounces.

Make into a decoction; to be taken as a common drink.  
Said to be infallible for the gravel.

## EXTRACT OF BLOOD ROOT.

Take of blood root, any quantity.

Boil in water till the strength is obtained; then strain, and boil to a proper consistence.

*Use.*—This extract forms a useful mild caustic. It is applied to some species of indolent ulcers, with excellent effect; also to fistulas.

## DR. THOMSON'S EYE WATER.

Take White pond-lily root,  
Marsh rosemary,  
Witch hazel,  
Red raspberry.

Make a strong tea with all or either of these, and add one-third as much of No. 6, with a little cayenne; bathe the eyes several times in a day; every morning put your face in cold water, open and shut the eyes till well washed. Repeat this till a cure is effected. At the same time, take the tea to clear the system of canker.

## SPIRITUOUS EYE-WATER.

Take of Fourth proof brandy,	. . .	$\frac{1}{2}$ pint.
Rain water,	. . . . .	$\frac{1}{2}$ "
Camphor,	. . . . .	$\frac{1}{2}$ "

Mix.

*Use.*—This eye-water is used in chronic ophthalmia, or inflammation of the eyes.

## MUCILAGENOUS OR LAURUS EYE-WATER.

Take of pith of sassafras, . . . 1 drachm.

Add it to a suitable quantity of rose water, which makes an excellent mucilagenous and cooling wash.

*Use.*—It will be found beneficial in the treatment of ophthalmia, or inflammation of the eyes, during the acute stages.

### HOP FOMENTATION.

Take two handfuls of hops, and one gill of vinegar. Heat the vinegar, and pour it on the hops till they are moist.

In cases of sore throat, hoarseness or soreness of the breast, severe pain in the abdomen, colic, dysentery, etc., this fomentation will give ease and allay irritation. It may be applied at bed time, and kept on all night, or any time in the day, if necessary. But it is usually best to apply warm, and often renew.

### COMMON FOMENTATION.

Take Hops,	.	.	.	.	.	.	3 ounces.
Tansy,	.	.	.	.	.	.	3 "
Wormwood,	.	.	.	.	.	.	3 "
Hoarhound,	.	.	.	.	.	.	3 "
Catnip,	.	.	.	.	.	.	3 "

Or a handful of each.

Make of these articles a strong decoction, by boiling in equal parts of vinegar and water.

*Use.*—This will be found very efficacious in relieving pain and reducing inflammation, resulting from contusions, sprains, dislocations and other causes. It may also be usefully employed in inflammation of the bowels, of the stomach—in short, in almost every species of inflammation it will be found very useful.

### MINT FOMENTATION.

Take of fresh spearmint, a proper quantity; let it be bruised, and add spirits, and simmer.

*Use.*—In cases of great irritability of the stomach, attended with frequent vomiting, this fomentation, applied to the pit of it, will often relieve when other means fail.

### STIMULATING GARGLE.

Take of sumach berries and golden seal a sufficient quantity; make a strong decoction. Strain, and add one drachm of pulverized alum to every pint of the decoction.

*Use.*—This gargle is used frequently in ulcerated sore throat of long standing.

## ANOTHER.

Take of Bayberry,	. . . . .	1 part.
Golden seal,	. . . . .	1 "
Cayenne,	. . . . .	$\frac{1}{4}$ "

Draw from the above a strong tea, and use cold, adding a little No. 6.

## ASTRINGENT GARGLE.

Take of cohosh a proper quantity, and make a strong decoction.

*Use.*—This gargle is used in quinsy.

## COMMON LINIMENT.

Take of Castile soap,	. . . . .	1 ounce.
Oil of sassafras,	. . . . .	1 "
Camphor,	. . . . .	1 "
Spirits of hartshorn,	. . . . .	1 "
Alcohol,	. . . . .	1 "

Mix.

*Use.*—This forms an excellent liniment in diseases of the throat and tonsils.

## RHEUMATIC LINIMENT.

Take of Alcohol,	. . . . .	$\frac{1}{2}$ gallon.
Spanish soap,	. . . . .	$\frac{1}{2}$ pound.
Sassafras oil,	. . . . .	$\frac{1}{2}$ ounce.
Spearmint oil,	. . . . .	1 "
Oil origanum,	. . . . .	$\frac{1}{2}$ "
Oil amber,	. . . . .	$\frac{1}{2}$ "

Put all into a jug; keep warm for five or six days, frequently shaking it till dissolved.

*Use.*—This liniment is excellent for rheumatism, sprains and other painful affections. The parts affected should be often bathed with it.

## RHEUMATIC LIQUID.

Take of white turpentine,	. . . . .	4 ounces.
Insipissated juice of poke-berries,	. . . . .	4 "
Malaga wine or methiglin,	. . . . .	3 gallons.

Let these articles be mixed and stand one week, then filter and bottle.

*Dose.*—Half a wine-glassful, two or three times a day.

*Use.*—An excellent preparation for chronic rheumatism.



VOLATILE LINIMENT.

Take of Candia soap, cut into shreds, . . .	3 ounces.
Camphor, . . . . .	1½ "
Tincture of cayenne, . . . . .	1½ pint.
Alcohol, . . . . .	1½ gallon.

Infuse in a closely stopped bottle for a week, shaking it two or three times a day.

*Uses.*—For bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial in numbness. When it is applied, the part should be rubbed briskly for ten or fifteen minutes with the hand. It is highly useful as an application to the side in pleurisy, and to the abdomen in tenderness or swelling of the bowels. If it is not sufficiently powerful, an additional quantity of the tincture of cayenne may be added.

RHEUMATIC OIL.

Take of Oil of wormwood, . . . . .	1 ounce.
Oil of sassafras, . . . . .	1 "
Oil of cedar, . . . . .	1 "
Oil of hemlock, . . . . .	1 "
Oil of turpentine, . . . . .	1 "
Oil of cloves, . . . . .	1 "
Camphor, . . . . .	1 "

Mix all together.

*Use.*—This oil is exceedingly efficacious in relieving pain in chronic rheumatism. It is also a good remedy in sprains, contusions, and in painful affections of every description. It may be applied warm to the affected parts, three or four times a day. The parts to be well rubbed with it.

STRAMONIUM OINTMENT.

Take of stramonium leaves, a proper quantity while green, bruise them to a pulp, and put them into an earthen vessel; then cover with spirits and lard; then simmer the leaves until they become crisped; steam, and add of Venice turpentine half a pound to every ten pounds of the ointment.

*Use.*—This forms an excellent application for scalds, burns, and cutaneous eruptions, attended with inflammation.

It may be applied occasionally with the finger, or with a piece of linen.

#### GREEN OINTMENT.

Take of Tansy,  
Wormwood,  
Hoarhound,  
Catnip,  
Hops,

Of each an equal quantity. Bruise them, and put them into a kettle, cover over with spirits and lard, and let it stand two weeks; then simmer awhile and strain. Add one pound of common turpentine to every ten pounds of the ointment.

*Use.*—This ointment is very cooling, resolvent, relaxing, and emollient. It is very useful in sprains, contusions, swellings, dislocations, contracted sinews, etc.

#### MEADOW-FERN OINTMENT.

Take of meadow-fern leaves and balm of Gilead buds, well bruised or pounded, each three ounces; fresh lard a pound. Moisten the buds with water, and simmer them in the lard, over a slow fire, until they cease to be glutinous, which will be in three or four hours. Then add the meadow-fern burrs, also moistened with water, and continue the simmering until their strength is extracted, which may be determined by rubbing them between the fingers, and ascertaining that they do not emit a fragrant smell. Pass the ointment through a coarse cloth or sieve, and pour it into some convenient vessel.

*Uses.*—This ointment is an excellent application in tetter, scald head, soreness of lips or nose, itch, poison from ivy or dogwood, and various cutaneous eruptions. It will be proper to wash the parts once a day with Castile soap and water, applying the ointment morning, noon and night, and whenever the case is such as to render it necessary, let the application of the ointment be preceded by a wash, now and then, of the tincture of lobelia.

#### NERVE OINTMENT.

Take of purple archangel, bittersweet bark, wormwood, chamomile and meadow-fern burrs; pack them closely in

a suitable vessel, and cover them with porpoise, goose or turtle oil, the latter is the best. Simmer over a slow fire for twelve hours, stirring occasionally, and keeping the vessel covered. Strain, and add, when milk warm, half an ounce of the oil of spearmint to each pint of the ointment. Preserve in a well corked bottle.

*Uses.*—This is employed in bathing sprains, bruises, swellings, stiff joints, and contracted sinews or tendons, rubbing the affected part briskly with the hand, when the application is made, and wrapping it in flannel to shield it from the air. The ointment is also applied to corns. It may be rendered more stimulating, if desirable, by combining with it a portion of the third preparation of lobelia or tincture of cayenne.

#### PILE OINTMENT.

Take of the excrescences which form upon the leaves of the sumach, very finely pulverized, an ounce; fresh lard, six ounces. Blend them together thoroughly. This is beneficial in piles, and often affords surprising relief. It may be confined to the parts by means of a bandage, and a piece of lint, or folded rag.

Instead of the excrescences, mentioned above, an equal quantity of the root of marsh rosemary, reduced to fine powder, may be substituted, but it is not quite so efficient.

#### ADHESIVE OR STRENGTHENING PLASTER.

Take of White resin,	.	.	.	.	3 pounds.
Beeswax,	.	.	.	.	4 ounces.
Burgundy pitch,	.	.	.	.	4 "
Mutton tallow,	.	.	.	.	4 "

Melt these together, and then add

Sweet oil,	.	.	.	.	$\frac{1}{2}$ ounce.
Camphor,	.	.	.	.	$\frac{1}{4}$ "
Sassafras oil,	.	.	.	.	$\frac{1}{2}$ "
West India rum,	.	.	.	.	1 gill.

When the latter articles have been incorporated with the former, let the whole be poured into a vessel of water, and work it in the hands till cold. In some seasons and climates, a little more resin, or a little more sweet oil, is required to make it of the right consistence.

*Use.*—This is used as a sticking plaster, and is used also in rheumatism. It is likewise useful in cuts, ulcers, etc. This makes an elegant plaster.

#### COMMON STRENGTHENING PLASTER, CALLED "SEAR C. PLASTER."

Take of Resin, (usually called rosin,) . . . . .	1 pound.
Beeswax, . . . . .	4 ounces.
Capsicum, . . . . .	4 "
Spirits, . . . . .	1 quart.

Simmer the pepper (enclosed in a linen bag) in the spirits and strain. Melt the other articles together, and add the tincture; then simmer till the spirits is nearly all evaporated. Take it from the fire, and, when nearly cold, add two ounces of fine camphor, and three drachms of oil of sassafras.

*Use.*—This is used whenever a strengthening plaster is wanted. It seldom or never fails to afford relief.

#### CANCER PLASTER.

Take of red clover any desirable quantity, and water sufficient to cover them: boil gently until the strength is extracted, then take out the clover, put in the same quantity, and boil in the same liquid as before. Strain it through a coarse cloth and use pressure sufficient to force out all the liquid; pour this into some convenient vessel, and place it in a kettle over the fire, and boil until the liquid is of the consistence of tar.

*Uses.*—This is spread on a piece of linen or soft leather and applied to open or running cancers, and ill-conditioned sores of every condition. On ulcerated surfaces, deep, ragged-edged and otherwise badly conditioned burns, there is nothing to be compared with this plaster. In connection with a peculiar soothing property which it imparts to an inflamed or irritable sore, it proves an efficacious detergent and promotes a healthy granulation.

#### ANTI-BILIOUS POWDER OR FAMILY PHYSIC.

Take of Jalap, . . . . .	1 pound.
Alexandria senna, . . . . .	2 "
Cloves, . . . . .	2 ounces.



Let these articles be separately pulverized ; then mix together, and pass through a fine seive.

*Dose.*—A tea-spoonful, (about a drachm.) It should be put into a tea-cup, with a lump of loaf sugar, and a gill of boiling water added ; and given to the patient when cool, fasting, or on an empty stomach.

*Use.*—This forms the best general purgative that is known. It combines power with mildness of action, and acts throughout the whole alimentary canal, cleansing it, and producing a healthy action. It may be given to every age and sex ; it removes offensive accumulations in the bowels, without bringing on subsequent constipation. It stimulates every contiguous organ to a healthy state. It is useful in all diseases where physic is required. In bilious and febrile diseases it is invaluable.

#### EMETIC POWDER OR COMPOUND POWDER OF IPECAC.

Take of Ipecacuanha,	. . . . .	4 ounces.
Lobelia,	. . . . .	4 “
Cayenne pepper,	. . . . .	2 drachms.

Pulverize separately.

*Dose.*—A tea-spoonful given every thirty minutes, till it operates. It should be given in warm boneset, or chamomile flower tea.

*Use.*—This emetic, is said to be unsurpassed by any other, for efficacy of action. It is administered in all those cases where an emetic is indicated ; and from its extensive effects on the system, is very efficacious in breaking up morbid associations, or exciting a healthy action of the system. It is useful in febrile and other diseases, etc. Excellent in the chronic affections of the liver, stomach and intestines.

#### COMPOUND POWDER OF MANDRAKE.

Take of Pulverized mandrake,  
Pulverized spearmint,  
Cream of tartar. Equal parts ; mix.

*Dose.*—A tea-spoonful, in tea or syrup.

*Use.*—Useful in diseases of the liver, dyspepsia, obstructed menses, dropsy, in venereal diseases, and in every taint of the system.

## GREEN SALVE.

Take of Turpentine, . . . . .  $\frac{1}{2}$  pound.  
 Bayberry tallow, . . . . .  $\frac{1}{2}$  "

Dissolve together, and form into a salve ; add sweet oil, if necessary.

*Use.*—This salve is designed for scrofulous ulcers.

## HEALING SALVE.

Take of Venice turpentine, beeswax and fresh lard, each a pound ; fir balsam three quarters of a pound ; tincture of myrrh four ounces. Melt the solid articles ; simmer slowly for ten or fifteen minutes, and strain. This salve is applied to wounds and sores after they have been cleansed by poultices or otherwise, and the inflammation subdued.

## DR. THOMSON'S HEALING SALVE.

Take of Beeswax, . . . . . 1 pound.  
 Salt butter, . . . . . 1 "  
 Carolina or white turpentine, . . . . .  $1\frac{1}{2}$  "  
 Balsam fir, . . . . . 12 ounces.

Melt and mix well together ; then strain off and cool for use.

## ALTERATIVE SYRUP.

Take of Sarsaparilla, . . . . . 6 pounds.  
 Guaiacum shavings, . . . . . 3 "  
 Sassafras-root bark, . . . . . 2 "  
 Elder flowers, . . . . . 2 "

Add one gallon of cheap spirits and one gallon of water. Boil, and pour off the liquid ; then add water repeatedly, and boil till the strength is obtained. Strain, and reduce to 16 porter bottles ; then add thirty pounds of clarified sugar. Let it stand twenty-four hours to settle ; pour off, and bottle for use.

*Dose.*—A wine-glassful three or four times a day.

*Use.*—This syrup, the alterative, is used in a great variety of cases. In syphilitic or venereal diseases, in rheumatism and chronic inflammation of the liver, it is invaluable. It is used in the treatment of scrofula, which presents itself in so many shapes. In some of the cutaneous dis-

eases, it has been found very effectual ; in every species of ulcer, it is also valuable—white swelling, necrosis, rickets, salt rheum or herpes ; and, in short, it is useful in every taint of the system, from whatever cause it may arise. It appears to act upon all the secretions and excretions A tea of burdock-seed may be taken with it.

### VEGETABLE SYRUP.

Take of Liverwort, . . . . .	1 pound.
Solomon's seal, . . . . .	1 "
Skunk cabbage, . . . . .	1 "
Blood root, . . . . .	$\frac{1}{2}$ "
Water hoarhound, . . . . .	1 "

Add a sufficient quantity of water.

Boil, and pour off the water, till the strength is obtained. Strain, and boil to twenty porter bottles ; add twenty pounds of strained honey ; remove from the fire, and add one pint of brandy. Let it settle, and bottle for use.

*Dose.*—A wine-glassful, three or four times a day.

*Use.*—This preparation is used in every pulmonary disease, and particularly, however, in hæmoptysis (bleeding at the lungs) and asthmatic affections.

### SCROFULOUS SYRUP.

Take of Yellow-dock root, . . . . .	2 pounds.
Bark of bittersweet root, . . . . .	2 "

Bruise, and boil till the strength is obtained ; then strain, and boil to twelve porter bottles ; add sugar sufficient to prevent fermentation.

*Dose.*—A wine-glassful three times a day.

*Use.*—This syrup is useful in scrofula and herpetic affections.

### SYRUP OF GINGER.

Take of Ginger root, . . . . .	4 drachms.
Boiling water, . . . . .	8 ounces.

Sugar sufficient to make a syrup.

This is a stimulating aromatic syrup, and contains all the properties of the ginger. It is combined with other agents, and used principally in the cholera.

## BLACK BERRY SYRUP.

Take two pounds of the bark of the root, well cleansed or washed, add a suitable quantity of water ; then boil two hours. Pour off the liquid ; then add more water ; and thus continue to boil and pour off, until the strength is extracted ; then strain, and add all the boilings together. Simmer to two quarts ; strain ; then add four pounds of loaf sugar, and when cool add half a pint of best French brandy.

*Dose.*—A table-spoonful, three times a day, fasting. If it does not arrest the disease after taking it a few days, gradually increase the dose, as the stomach can bear it.

*Use.*—This is a very valuable syrup in bowel complaints, particularly the chronic form. It will effect a cure when every other means fail. It appears to possess specific virtues, different from every other vegetable.

A rob, or jelly, is made of the fruit, which is useful to mix with water, and drink.

## HOARHOUND SYRUP.

Take of the leaves of hoarhound, dried, two ounces ; infuse them for twenty-four hours, in half a pint of boiling hot water and as much spirits ; strain, and add one quarter of a pound of honey, and one tea-spoonful of the essence of lemon.

*Dose.*—For an adult, one or two table-spoonsful every two hours.

*Use.*—This is recommended for hoarseness, asthma, complaints of the breast, lungs, etc. It promotes the fluid secretions in general, and if used very freely will loosen the abdomen.

Linnæus prescribed this remedy, and cured a patient that was thrown into a salivation by the use of mercurials, when every other method, that had been used before for one year, failed, or rather increased the disease. After using the hoarhound, the patient got well in a short time. It is said to have been a favorite medicine with the ancients for removing obstructions of the viscera. The negroes use it for curing vegetable poison, etc.



SYRUP FOR THE DYSENTERY,

(WHICH IS SAID HAS NEVER FAILED IN THIRTY YEARS.)

Rhubarb and wild cherry bark, a handful ; four table-spoonsful of sugar ; simmer awhile.

*Dose.*—Give a table-spoonful every fifteen minutes, until the pain ceases. Make it fresh every day, and add a little brandy.

*Use.*—The above is pronounced infallible in dysentery.

DR. D. F. NARDIN'S ANTI-CHOLERA SYRUP.

Take 2 pounds	Bayberry,	(coarse best.)
2 "	Hemlock,	"
1 "	Nervine,	"
1 "	Ginger,	(pulverized.)
1 "	Cloves,	(bruised.)
$\frac{1}{4}$ "	Cayenne,	(pulverized.)
$\frac{1}{2}$ "	Black pepper,	(bruised.)

Put the whole in a kettle, and boil with eight gallons of water ; reduce to six ; strain ; then add to each gallon of the clear, five pounds of white sugar, and clarify ; and when cold, add to this one quart of No. 6, and one of the best rum ; two ounces essence of peppermint to each gallon. It is then fit for use.

*Directions for Use.*—For diarrhœa, the medium dose is half a wine-glassful, repeated every hour or two. If this does not check it in twelve or twenty-four hours, add a small tea-spoonful of hemlock powder to each dose. For nausea, vomiting, indigestion, and pain in the stomach, where much acidity prevails, take a small alkaline draught before the dose of the syrup, and repeat every fifteen or twenty minutes until relieved.

COMPOUND SPIRITS OF LAVENDER.

Take of Flowers of lavender,	.	.	.	.	2 drachms.
Nutmegs,	.	.	.	.	2 "
Mace,	.	.	.	.	2 "
Cloves,	.	.	.	.	2 "
Cinnamon,	.	.	.	.	2 "

Pulverize and add a quart of spirits.

*Dose.*—One or two tea-spoonsful may be taken often, in a little water or tea.

*Use.*—This pleasant, aromatic preparation, is useful in debility, fainting, hysterics, and all nervous affections; pain in the breast, flatulence, etc.

#### HYDRAGOGUE TINCTURE.

Take of Sweet elder,	. . . . .	1 pound.
Lisbon wine,	. . . . .	1 gallon.

Let it simmer an hour; then strain and bottle.

*Dose.*—A wine-glassful three or four times a day.

*Use.*—This tincture is usefully administered in dropsical affections, particularly in abdominal dropsy or ascites. It has cured many without any other ingredient.

#### TINCTURE OF LOBELIA INFLATA.

Take of Pulverized lobelia,	. . . . .	2 ounces.
Spirits,	. . . . .	2 “

Let it stand two or three days and filter.

*Dose.*—From a tea-spoonful to a table-spoonful as often as necessary.

*Use.*—This tincture is an excellent remedy in the treatment of asthma, croup and pulmonary affections. It is also given in tetanus and poisons.

#### ANODYNE TINCTURE.

Saturate alcohol with the pollen of hops.

*Dose.*—From one to two tea-spoonsful in milk.

*Use.*—Useful in after pains, and in cases where opium cannot be taken.

#### TINCTURE OF BALSAM TOLU.

Take of Balsam tolu,	. . . . .	1 ounce.
Alcohol,	. . . . .	1 pint.

Let it stand one week and filter.

*Use.*—This is combined with the compound tincture of senna for the water-brash.

#### TINCTURE OF CASTOR.

Take of Castor,	. . . . .	2 ounces.
Spirits,	. . . . .	1 quart.

Let it digest one week.

*Use.*—Useful in nervous diseases, and in suppressed menses.

COMPOUND TINCTURE OF SENNA.

Take of Alexandria senna,	.	.	.	2 ounces.
Jalap,	.	.	.	1 "
Fennel seeds,	.	.	.	$\frac{1}{2}$ "
Spirits,	.	.	.	2 "

Let it stand one week, and then strain.

*Dose.*—One ounce.

*Use.*—A mild but effectual purgative.

EXPECTORANT TINCTURE.

Take of Blood-root,	.	.	.	1 ounce.
Lobelia,	.	.	.	1 "
Pleurisy root,	.	.	.	2 "
Wine or methiglin,	.	.	.	3 pints.

Let it stand one week.

*Dose.*—A table-spoonful twice a day, or as often as may be necessary.

*Use.*—It is useful in inflammation of the lungs, in pleurisy, in whooping cough, in consumption, etc., and when there is any difficulty of expectoration.

GOLDEN TINCTURE.

Take of Logwood, rasped,	.	.	.	4 ounces.
Black hellebore,	.	.	.	4 "
Spirits or wine,	.	.	.	3 pints.

Let it stand one week and filter.

*Dose.*—From a table-spoonful to a half wine-glassful three times a day.

*Use.*—Useful in a retention of the menses.

WINE TINCTURE.

Take of Peruvian bark,	.	.	.	2 ounces.
Wild cherry tree bark,	.	.	.	1 "
Cinnamon,	.	.	.	1 drachm.
Cloves,	.	.	.	1 "
Nutmegs,	.	.	.	1 "
Wine,	.	.	.	2 quarts.

Let it stand awhile.

*Dose.*—A wine-glassful every two or three hours.

*Use.*—This mixture has been almost an infallible cure for intermittent fever or fever and ague. It removes it when all other means fail.

## ESSENCE OF PEPPERMINT.

Take of Oil of peppermint, . . . . . 1 ounce.  
 Alcohol, . . . . . 1 pint.

Mix.

*Dose*.—A tea-spoonful.

*Use*.—Useful in pain of the breast, cramp, sickness of the stomach, etc.

## ESSENCE OF HEMLOCK.

Made in the same manner.

*Dose*.—Twenty-five or thirty drops, on sugar or in tea.

*Use*.—Useful in rheumatism and other affections, also for sprains, etc.

## ESSENCE OF SASSAFRAS.

Made in the same manner.

*Use*.—It is useful in gout and rheumatism, pain in the breast, lumbago, sciatica, contusions, etc.

The other essences are made in the same manner, and their virtues are the same as the oils from which they are made.

NEUTRALIZING MIXTURE. NEUTRALIZING CORDIAL  
OR PHYSIC.

Take of Rhubarb, pulverized, . . . . . 2 scruples.  
 Sal æratus, “ . . . . . 2 “  
 Peppermint plant, “ . . . . . 2 “

Add half a pint of boiling water; sweeten with loaf sugar, and add a table-spoonful of brandy.

*Dose*.—One or two table-spoonsful, every quarter, half, or one or two hours, according to symptoms.

*Use*.—This is one of the most valuable preparations known, for cholera morbus, cholera infantum or summer complaint of children, diarrhœa, dysentery, etc. Its operation and action appear to be a specific, or almost infallible. It is very similar in its effects, to the neutralizing cordial, (see cordial,) the form only differs.



MISCELLANEOUS MEDICAL RECIPES.

RHEUMATIC LIQUID.

Take of Rattle root, . . . . .  $\frac{1}{2}$  ounce.  
 Gum guaiacum, . . . . .  $\frac{1}{2}$  "  
 Juice of poke berries, . . . . .  $1\frac{1}{2}$  gills.  
 French brandy, . . . . . 1 quart.

Mix. Shake it frequently for two or three days, when it will be fit for use. Drink of this as often as can be borne without producing intoxication, until a cure is effected.

VALUABLE COMPOUND FOR SWELLED BREASTS.

Beat or rub camphor in a mortar with a little alcohol, and to a tea-spoonful of this add a table-spoonful of sweet oil.

*Useful* for any kind of swelling, pain, bruise, rheumatism, etc.

FOR WOMEN'S SWOLLEN, INFLAMED OR SORE BREASTS.

Take soft soap and make a strong suds, and with a flannel cloth well saturated with the suds, wash and rub the breasts, downward, with some degree of violence, once an hour; after which, each time, bathe the breast with polecat oil and camphor, and keep it covered with a flannel. Pursue this course until a cure is affected.

FEMALE STRENGTHENING SYRUP.

Take one fourth of a pound of comfrey root, dried; two ounces of elecampane root; and one ounce of hoarhound.

Boil them in three quarts of water down to three pints; strain, and add, while warm, half an ounce of beth-root, pulverized; a pint of brandy, and a pound of loaf sugar.

*Dose.*—From half to two-thirds of a wine-glassful, three or four times a day. This is used in female weaknesses, bearing down of the womb, fluor-albus, debility and relaxation of the genital organs, barrenness, etc.



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